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AIDS TO
RATIONAL THERAPEUTICS



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LONDON: BAILLIERE, TINDALL, AND COX.

AIDS TO RATIONAL THERAPEUTICS.

SPECIALLY DESIGNED FOR
STUDENTS PREPARING FOR EXAMINATION.

BY
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'To be willing to perform our duty is the moral part; to know how to perform it is the intellectual part.'



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PREFACE.

IN this little work the student will find that information which will be useful to him when first attending patients himself. Its study will make him familiar with the doses in which remedial agents may be combined, so that when called upon in his examinations, or in the wards, to write a prescription, he will be able to do so in a workmanlike manner. The necessity for a variety of concrete prescriptions is felt by every student when brought personally in contact with disease. Further, its study will enable him to read more advanced works with greater advantage to himself.

November, 1880.

AIDS
TO
RATIONAL THERAPEUTICS.

INTRODUCTION.

How to Construct a Prescription.—The student, when brought in contact with disease single-handed and alone, is often sorely puzzled to tell what to prescribe, and how to go about it. He may have heard lectures on the practice of physic, and been told that constipation may be treated by vegetable and mineral purgatives ; but how to combine them, and in what doses to give them, he is unable to decide. Or he may have heard *Materia Medica* lectures, and been told that iron is indicated in anaemia ; but he is far from seeing his way to prescribe it satisfactorily. Suppose the case is that of a pallid man, with constipated bowels : the first thing to be done is to select a suitable laxative, say sulphate of magnesia. Now comes the dose. As it is to be taken several times a day, the dose must be much less than when given in one dose, as a purgative. For the latter, the average dose is $\frac{3}{4}$ j. but as a laxative it will be found that $\frac{3}{4}$ j. is usually

quite sufficient three times a day. Then there is the anaemia to be considered. For this the old tincture of the muriate of iron is well adapted, in a dose of ten drops at a time. We have now got the main elements of the prescription together, viz., Magnesium Sulphate $\frac{3}{j}$, and Tinc. Fer. Mur. $\text{m}\ddot{\text{x}}$. But in all probability this mixture will gripe the patient more or less unless it be given with some warm agent or carminative. Consequently, then, the vehicle in which the essential factors are to be taken is a not unimportant matter. If the appetite be good, then mint water may be selected. The complete prescription would stand then so :

Magnesium Sulphate, $\frac{3}{j}$.

Tincture of Iron, $\text{m}\ddot{\text{x}}$.

Mint water, $\frac{3}{i}$.

Three times a day.

But if, as is very likely, the appetite is defective, it is well to select a vegetable bitter as the vehicle. As many of these vegetable bitters contain tannin, they do not go well with iron, giving an inky colour to the mixture, and so rendering it repulsive to the eye. And medicine is not usually very attractive at the best; so it need not be made more objectionable than is absolutely unavoidable. So the bitter selected may be infusion of quassia. But quassia is not carminative, so it is well to add either tincture of ginger or of capsicum. The prescription would then stand so :

Magnesium Sulphate, $\frac{3}{j}$.

Tincture of Iron, $\text{m}\ddot{\text{x}}$.

Tincture of Ginger, $\frac{3}{j}$.

Or Tincture of Capsicum, $\text{m}\ddot{\text{v}}$.

Infusion of Quassia, $\frac{3}{i}$.

Three times a day.

Or the patient has a cold, with some bronchial inflammation present. Then the line would go in this direction : First we require an agent which will make the action of coughing more efficient ; while it also acts upon the bronchial lining membrane, making the secretion more free, and thus causing the phlegm to be more easily dislodged. Such an agent we find in ipecacuan. Say, then, ipecacuan wine fifteen minims. Then, in all febrile conditions, it is well to excite the action of the skin. For this end the acetate of ammonia is indicated. As I do not intend to confine myself to prescriptions in English, but shall use Latin ones at times, for the better education of the reader, so as to familiarise him with both, this will stand so :

Vini Ipecacuan., ℥ xv.
Liq. Amm. Acetat., ʒ i.
6tā quāque horā.

Or the patient is recovering from some acute disease, as typhoid fever, or pneumonia, and the tongue is not quite clean, and the appetite not active. Here a mineral acid is indicated, as phosphoric, for instance ; in a vegetable infusion which need not be free from tannin, as iron is not to be in this mixture. Consequently the prescription will stand thus :

Dilute Phosphoric Acid, ℥ xv.
Infusion of Cinchonæ, ʒ i.
Thrice daily.

Under this combination probably the tongue will clean and the appetite improve.

Then it is well for the student not to forget that acids and alkalis do not go together, but combine ; a fact not always remembered by young practitioners. Thus, for instance, in dyspepsia with much acidity, it would *not* do to write the following prescription :

Sodæ. Bicarb, 3 fl.
Liq. Strychniae, ℥ iv.
 Inf. Gentian, ʒi.

The strychnine being dissolved in an acid medium—hydrochloric acid—would be thrown down in an alkaline mixture, with this result, the strychnine would be at the bottom of the mixture, and consequently the patient would get none of it till he came to the last dose; and then he might get more at once than was quite agreeable. In such cases the Galenical preparation must be chosen—the Tincture of Nux Vomica. The prescription then ought to stand so :

Sodæ. Bicarb., 3 fl.
 Tinct. Nucis Vom., ℥ x.
 Inf. Gentian., ʒi.
 Ter in die.

To give iron with a vegetable bitter containing tannin is a very common error, producing a repulsive-looking fluid. But this avoidance of incompatibles went to an undesirable length, when it decided that digitalis could not be combined with tincture of iron. In cases of heart weakness the following is an excellent combination :

Tinct. Digitalis, ℥ x.
 Tinc. Ferri. Mur., ℥ x.
 Sp. Chloroform, ℥ xx.
 Inf. Quassiae, ʒi.
 Ter in die.

Spirit of Chloroform is pleasant to the taste, and can often be added to mixtures with advantage; it is also a stimulant.

Or a patient may have constipation, with a foul

tongue and a bad taste in the mouth. Here the fur, which consists of dead epithelium cells which are not properly shed, is usually stained by the bitter bile acids or their salts, so it is well to give a laxative which will also contain an ingredient which will act upon the liver, as mercury, for instance. The combination would then stand thus :

Pil. Hydrarg., gr. i.
Pil. Col. Co., gr. iii.
To be taken at bedtime.

If the bowels are not freely opened, then a seidlitz powder, or an ounce of 'black draught' in some warm water next morning. Morning laxatives should always be taken warm. By so doing their action is more rapid, and the bowels are less apt to tease the patient during the course of the day, which is often very inconvenient. These minor matters are usually worth attention.

§ 2. *Indications for Treatment.*—After making a diagnosis as to what is the matter with a patient, the next thing to be done is—to determine what is the leading indication for treatment. The patient may be suffering acute pain, as in colic. Here the pain is at times excruciating, and must be relieved. For this end opium stands *facile princeps*. 'Mash Allah' (the Gift of God) is stamped on the cakes of opium by the Orientals. Then, as the colic is due to violent spasm of the muscular fibre of the intestine, it is well to give the opium with a carminative, as mint water, for instance, which will make a convenient vehicle. Then the pain is very depressing, as all pain is in which the abdominal portion of the sympathetic nerve is involved, and therefore a diffusible stimulant, acting rapidly, is desirable. Such an agent we possess in car-

bonate of ammonia, of which sal volatile is a preparation. It would be well, then, to let the prescription stand thus :

Tinct. Opii., 3*f.*
Sal Volatile, 3*i.*
Aq. Menth. Pip., 3*i.*
Statim.

In these cases of severe depressing pain, a full dose of opium at once is in every way better than repeated small doses. (A word of caution as to dose. Children are very susceptible to opium, and small doses often act very potently upon them. All agents which 'depress' nerve action as part of their effect, are to be given with caution to children.) In many cases of colic the only thing at hand may be some laudanum and some spirits. It would then be well to give the laudanum with two ounces of any spirit. In any case of colic, it is well to put cloths wrung out of hot water, and freely sprinkled with turpentine, upon the abdomen until relief is attained.

Or the patient may be in a fit. Here really little can be done except to see that the patient does not do himself, or herself, any injury, if convulsed. In epilepsy, to loosen the collar and free the neck is indicated ; and if the tongue is being bitten, put a piece of soft wood, or a cork, betwixt the teeth to prevent the tongue being nipped. If a young woman, and especially screaming, it is probably hysteria, and then a jugful of cold water dashed over the head and face is effective ; or a hand may be placed over the nose and mouth till the performance is arrested, and converted into a struggle to breathe. If it is pure syncope, it is well to allow the patient to remain in the *recumbent posture* until spontaneous efforts are made

by the patient. In syncope there is temporary failure of the heart's action, and it is not desirable to remove the patient from the horizontal posture, until there is evidence of the circulation being restored. If the patient be not in the horizontal posture when the faint comes on, she should at once be laid flat.

Or the patient may be bleeding profusely. Here it is desirable to put pressure on the vessels from whence the blood flows. If from an artery, the pressure must be put on between the heart and the bleeding orifice ; if a vein, at the distal end of the limb ; if hæmoptysis, or hæmatemesis, keep the patient absolutely still, and motionless under all circumstances.

And now let me tell the youthful reader what he must NOT do. He must not give a stimulant if the patient faint. Here syncope is nature's mode of arresting the hæmorrhage ; and though it may appear to indicate a supine and indifferent attitude, it is not wise to interfere with the syncope. To give a stimulant is to excite the heart's action, to rouse the circulation, and restore the hæmorrhage. But so carry yourself that the alarmed bystanders shall recognise the fact that your inactivity is not the consequence of ignorance and indifference ; but of greater knowledge than they possess. In their good intentions, persons guided by impulse, combined with ignorance, may become murderous.

Or a patient may be suffering from great excitement, from brain disturbance, or from being mentally upset. Here a calm, self-possessed manner and bearing are of the greatest service ; but medicine may be useful. Here a sedative is indicated, as chloral hydrate, or bromide of potassium—alone or combined ; and they may be given in what is termed a calmative, as camphor mixture, for instance. The prescription would stand thus, then :

Chloral Hydrate, 3*ʒ.*
 Potass. Bromid, 3*fl.*
 Mist. Camphoræ, 3*i.*

If required, this must be repeated in three or four hours. All depressant drugs are to be given with care and prudence ; and the action of opium, chloral, and bromide of potassium will be contrasted in a subsequent chapter.

Or the patient may be suffering from dyspnœa, and the respiratory efforts be very laborious. Here it is well to give rapidly diffusible stimulants, which act promptly on the centres of the circulation and the respiration. Such agents we possess in ammonia, belladonna, and strychnia ; while digitalis acts powerfully upon the heart. It will be well to prescribe in severe dyspnœa either

Amm. Carb., gr. v.
 Sp. Chloroform, m_{xx}.
 Liq. Atropiæ Sulph., m_{ii}.
 Aq., 3*i.*

to be repeated in two or three hours. Or if the right ventricle be failing, the prescription would take this direction :

Am. Carb., gr. v.
 Tinct. Nuc. Vom., m_x.
 Tinct. Digitalis, m_x.
 Aq. Menth. Pip., 5*j.*

also to be repeated if necessary. Or if the reader be very inexperienced, and not familiar with modern therapeutical research, he might take a lower, but safer (*i.e.* as regards public opinion, but not as regards *the patient's life*) standing ground, and prescribe :

Sal Volatile, 3*i.*
Sp. Chloroform, 3*fl.*
Aq., 3*i.*, 4tâ quâque horâ.

Where there is acute indigestion, it is well to empty the stomach by administering an emetic, as sulphate of zinc (3*fl.*), or ipecacuan wine (an ounce); or if these be not at hand, some mustard and hot water, to tickle the fauces with a finger until vomiting is induced. The same holds good of acute alcoholism. In all emergencies keep as cool as possible, and do not act hurriedly, or excitedly, or you may do the wrong thing and defeat your end.

Then there is the question of the local measures to be employed. Heat is almost always soothing; except in headache, where cold applications give more relief. Cold water and vinegar, and eau de cologne, where practicable, are good measures for headaches. In dyspncea, where the right side of the heart is embarrassed, it is well to put on hot poultices to the front of the chest; the heat stimulates the heart. In local abscesses a hot poultice is soothing. The case may be one of a broken rib, where a jagged end is rubbing the lung-pleura on every respiratory act; here the most efficient local measure is to put the parts at rest, or as near as is attainable, by strapping, or a bandage. In that form of pleurisy where a small nodule of tubercle, protruding from the lung, rubs on the costal pleura, and excites local inflammation and pain, then putting the part at rest by strapping gives the patient relief. Or there is a severe bruise causing much pain. Here soothing applications, as a piece of folded flannel, wrung out of hot water, and freely sprinkled with laudanum, or a poultice of poppy heads, are good measures to adopt. If a sprained joint is very painful, it may be swathed in bandages soaked with cold

water, or cold water be allowed to drop on the bandages.

What to aim at.—When called in to see a patient, the student must expect to find the person acutely ill, or thought to be so by those around, relations, friends, or neighbours. The first thing to determine is, which is the case. It is not always easy to do this. How to determine which of the two is the case calls out the extent of the practitioner's knowledge, and tests the attention he, whether a young or an advanced student, has paid to the instructions of his clinical teacher. If the pulse, respirations, and temperature all be over the norm, then organic mischief is usually afoot of an acute character. On the other hand, there may be collapse, or rupture of an internal blood-vessel without any of these. When so called in, do not rush at the patient with a stethoscope, but find out something about the individual; and then proceed to the disease and its amount. It is quite as important to know something of the patient generally, as it is to determine the extent of a pneumonia, for instance. Remember, and do not forget this—you are going to treat the patient rather than the disease. You are going to influence the morbid process through the individual. Above all things, keep your head clear and cool; and so give your knowledge, be the same more or less, a fair chance to exhibit itself. First give relief to the patient; then relieve the minds of the friends. Make as good an impression as you possibly can, in order to acquire the confidence of the patient, and the patient's friends, so that they will follow your instructions obediently. The success of your plan of treatment will usually turn on the thoroughness with which it is carried out; and if you do not secure the confidence of the patient's friends, you may be pretty certain that

they will not follow out your instructions implicitly. Never be oblivious of the fact—though do not be too acutely conscious of it, that the friends are examining you while you are examining the patient. Bear yourself accordingly ; and it is better to err, if err you must, on the side of excessive care in your examination. Youth is apt to be self-confident, and it is so very easy to make a mistake, even when years have rolled over the practitioner's head, and taught him caution by a painful experience. Be not flippant then, and carried away with the impression that you have arrived at your diagnosis by some inspiration. But be painstaking in your examination, and thoughtful in your plan of treatment.

CHAPTER II.

ASSIMILATION AND EXCRETION.

IT is very important for success in treatment that the student have some good broad views as to assimilation and excretion ; for, after all, sound physiological knowledge is the basis of practice of physic. Let us consider digestion first. Digestion is essentially a process of solution. Our food is stored up in insoluble forms, else a steady rain might imperil much of animal life. Starch, then, is converted into sugar by a process of hydration (that is, the adding of a molecule of water) under the influence of the ferments of the saliva. This sugar, being soluble, is absorbed from the alimentary canal into the blood, and then reconverted back in the liver into glycogen, or animal starch, by the removal of a molecule of water. This glycogen is given off as required into the blood as sugar, and is burnt by oxidation, and is largely the fuel-food of the body.

Then the tissue-food, which is albuminous, whether as albumen, fibrin, casein, or legumin, is digested by the gastric juice with its ferment, pepsin ; and is also dissolved by a process of hydration, in which the highly insoluble 'proteid' is converted into the highly soluble 'peptone,' which readily passes through *the wall of the alimentary canal* into the blood. Here

it is again passed back into a 'proteid' by the removal of a molecule of water ; without such change the peptone would as easily escape out of the blood as it passed into it. From these albuminoids the tissues are made in growth, and repaired in adult life.

Fat is saponified to some extent by the bile, and emulsionised by the secretion of the pancreas, so that it is taken up by the lacteals of the intestinal villi, and thus is brought into the system. Fat is not only fuel-food, but is essential to the formation of healthy tissues.

But for solution 'disintegration' is essential. Before either starch or albuminoids can be dissolved by hydration, they must be finely divided or disintegrated. For this end our teeth are provided. The food taken into the mouth is masticated and rolled about in the mouth by the tongue, and mixed with the saliva, so that the starch is converted into sugar. This action of the saliva ferment, or diastase, is arrested as soon as the contents of the stomach become acid. Can we do anything to aid this part of the digestive act when imperfect ? Sialogogues, or agents which increase the flow of saliva, are not a very important class of therapeutic agents. All tasty or sapid substances excite a flow of saliva ; but the medicinal sialogogues are not many. Pellitory, jaborandi, and mercury are all sialogogues, but are not used as such to excite the flow of saliva for the conversion of starch into sugar. For this end we use artificial diastase, or maltine, produced in malting barley ; this ferment, diastase, converts the starch into sugar, the act of malting. It is now largely used in the feeding of delicate children, and should be added to the milk and gruel before it is taken into the mouth—not given after a meal, to be at once killed by the acid contents of the stomach.

Then as to the digestion of albuminoids. Such

forms of albuminoid matter as fall readily to pieces in the stomach are more digestible than those which are disintegrated with difficulty. Thus, loosely-fibred fish, as whiting, is much more digestible than close-fibred beefsteak. Where there is much pain produced by the digestive act, the food should be such that it is readily disintegrated when solid. Pastry and closely-fibred meat should be eschewed. False teeth, if necessary, and patience in the act of mastication, and properly selected food, are the measures by which we seek to furnish relief when the mechanical obstruction to the digestive act is the source of trouble.

Then as to the solution of albuminoids. We do not always attempt to directly stimulate the secretion of gastric juice, though many agents will affect the secretion, but now commonly use pepsin procured artificially from the calf, or pig. But we may combine these measures. The agents which increase the flow of gastric juice are called *stomachics*. They increase the vascularity of the stomach and stimulate the flow of gastric juice. Such agents we possess in alcohol and arsenic, each of which produce inflammation of the stomach in toxic doses. Ipecacuan produces this vascularity in small doses, but excites vomiting in large doses. An old dinner pill ran thus :

Pulv. Ipecacuan, gr. i.
 Ext. Cinchonæ, gr. i.
 Pil. Al. et Myrrh, gr. ii.

Ringer tells you that an alkali will stimulate an acid secreting surface ; consequently alkalies may be given before meals, thus :

Pot. Bicarb., gr. vi.
 Fowler's Sol., ℥i.
 Inf. Gentian, ʒi.

Here there is combined the alkali with arsenic in a bitter vehicle.

Bitters.—We do not know the action of bitters, but we know well empirically that bitters increase the appetite and improve the digestion. Those containing tannin, as gentian, chiretta, or cinchona, etc., should not be given along with iron, as they form a tannate of iron (ink). Quassia is the bitter to give with iron. Quinine is to be used with iron, and not cinchona.

Then as to the use of artificial pepsin, it can now be procured in various forms. Given immediately after food, pepsin preparations add considerably to the solution of albuminoids when the gastric juice is defective in quantity or in solvent qualities. Such, then, are the means by which we effect the digestion of albuminoids.

Then as to fat. Fat, in the forms of fat, oil, and butter, is not acted upon by the saliva, nor yet by the gastric juice. When the contents of the stomach are thrust through the pyloric ring into the gut, they come in contact with the bile; and the bile acids saponify the fat. Oil will not run through filter paper; but when that filter paper has been moistened with bile, then the oil passes through the paper readily. A process of sub-division equal to disintegration goes on with fat before the pancreatic secretion emulsionises it, so that it can be taken up by the lacteals. Can we do anything to aid this digestion of fats when defective? We can: by seeing that the fat is in a state of fine sub-division before it is eaten. Thus, butter well rubbed into stale bread, cut thin, is much more readily digestible than when spread in a thick layer; a fact never to be forgotten when delicate children are to be dealt with. Then fats vary in digestibility. Cod-liver oil is the most digestible of

all fats, and can often be assimilated when the digestive powers are unable to digest other fats. Then come cream, or butter, or pig-fat; solid mutton or beef suet requiring the strongest digestive powers. Agents which increase the flow of bile, as ipecacuan, or sulphate of soda, aid materially in the assimilation of fat; the first may be given in pill as on p. 18, the other added to the patient's bitter mixture in 3*fl.* doses.

Sod. Sulphat., 3*fl.*
Ac. N. Mur. Dil. $\frac{1}{6}$ vi.
Inf. Gent., 3*i.*

will often be found a useful combination in simple loss of appetite with impaired digestive power. We can also stimulate the pancreas by the administration of sulphuric ether. The pancreatic secretion not only emulsionises fats, but, in an alkaline medium, digests albuminoids, and converts starch into sugar. Consequently we give artificial pancreatic preparations at the end of the digestive act to aid the defective action of the pancreas, when indicated.

Artificial Digestion.—The digestion of food out of the body is now readily attained by the use of preparations of the pancreas of the pig. Milk and water, or milk-gruel, can be digested by pancreatic solutions in the proportion of one pint of each to a teaspoonful of *liquor pancreaticus* (William Roberts), and ten grains of bicarbonate of soda (in solution). Raised to a temperature not exceeding 150° Fahrenheit, and the higher the better, and put under a 'cosey' for an hour, digestion is then nearly complete. Such artificially digested food is indicated in typhoid fever, especially when curd is found in the stools from plain milk, in cases of gastric catarrh, in gastric ulcer and *in cancer*, and in all conditions of acute debility.

Then assimilation can never be properly carried on if the bowels are loaded. Consequently always attend to the bowels. Keep them open by laxative pills as Pil. Col. Co. at bedtime, and, if necessary, a seidlitz powder, or purgative waters, or Carlsbad salts, or, better still, sulphate of soda and Rochelle salts (Sod. Pot. Tart.) combined in a warm bitter solution. In delicate persons, in all elderly persons, and in women at the change of life, care must be taken to see that the laxative does not gripe, and this may be done by adding a carminative, as Pulv. Piperis Nig. gr. ii., to the Pil. Col. Co. gr. ii.; or tincture of ginger to the morning mixture. A glass of cold water first thing in the morning will often suffice to regulate the bowels. Hyoscyamus is often added to the night pill to relieve griping (gr. i).

Hæmatics.—Then beyond the assimilation of the different forms of food, *i.e.* starch, albuminoids, and fat, comes that of the different salts of lime, soda, potash, and iron. Lime is requisite for the formation of the bones: the blood salts for health, as anti-scorbutics, and for healthful assimilation; as seen in the effects of the profuse night-sweats of phthisis, where the blood salts are drained away; and in the return of the appetite and assimilating power as soon as they are arrested. Lime is given to children chiefly in the form of phosphate. In malnutrition, lime is largely given in the form of phosphites or hypophosphites.

But of all hæmatics iron stands first. Iron is a tonic when given in full doses, as the old tincture of steel mx . to xx . As a hæmotic, it may be indicated in smaller doses.

Tinct. Fer. Mur., mx .
Inf. Quassiae, $\mathfrak{z}\text{i}$.
Ter in die.

is a capital tonic. Iron should always, if possible, be taken after food, say half an hour after ; it can then be combined with arsenic, or strychnine, or quinine. A good tonic pill is this :

Strychniæ, gr. i.
Fer. Sulph. Exsic., 3*fl.*
Pulv. Pip. Nig., 3*i.*
Pil. Al. et Myrrh, 3*ii.*, m*ft.*
In pil. 36 div.
i. bis in die.

A gentle action on the bowels is always good with a course of chalybeates, especially at the start. When iron causes headache, or a sensation of heat, then it is well to give with it a mineral purgative, so

Mag. Sulph, 3*i.*
Cit. Fer. et Quiniæ, gr. v.
Inf. Quassiaæ, 3*i.*
Ter in die.

Then a stimulant form is sometimes indicated, as in certain anaemic cases with amenorrhœa, and here the ammonia-citrate is very useful. Or it may be required as an astringent in certain cases, as in atonic diarrhoea ; and the perchloride and pernitrate are both powerful astringents.

Tinct. Fer. Pernitr., m*xv.*
Inf. Calumbæ, 3*i.*
6*tâ* quâque horâ,

is a good diarrhoea mixture in not very severe cases. The form of iron, as a medicine, which approaches nearest to the form it exists in the blood, is as the '*dialysed iron*,' now sold everywhere. Under a course of iron the blood becomes richer, and the face gains

colour, and the patient improves in strength and is lustier. When the anaemia depends on a specific poison in the blood, iron must be given along with the proper specific, as in gout (potash), in malaria (quinine), in syphilis (mercury), in lead poisoning (iodide of potassium). Certain proportions of soda and potash are required for the blood, and notably common salt (chloride of sodium), as this furnishes the hydrochloric acid for the gastric juice, and the soda for the bile salts. The buffalo will travel hundreds of miles to get salt, and so will certain African tribes.

There are, however, conditions where iron is contra-indicated. It should not be given while acute inflammatory conditions are present. When the tongue is bare and denuded of epithelium, it is useless, indeed injurious, to give iron. When the tongue is laden with a thick fur, a layer of dead epithelium cells, indicative of the condition of the intestinal canal, then iron is not absorbed; and it is useless to prescribe it till the tongue is clean. In all conditions of biliary disturbance, and where lithates are present in the water, it is well to withhold iron.

Water is a haemetic in certain circumstances. A draught of water on getting out of bed in the morning bathes the tissues and removes waste material from the body, and is an excellent hygienic measure. When containing a certain proportion of salts it serves this purpose even still more efficiently; and the many palatable drinking waters now in vogue testify to the widespread conviction of this. Let this be ever borne in mind by the youthful reader that dilution with water in sufficient quantity is a most important matter in courses of alkalies and chalybeates. The advantage of mineral springs lies in the great dilution of the essential factor of the spring. The late Dr.

Fuller insisted on this matter of dilution, and my experience corroborates his in every respect. Say the patient is taking the following mixture :

Pot. Bicarb., 3 fl.
Ferri Amm. Cit., gr. v.
Tinct. Nuc. Vom., ℥x.
Inf. Quassiae, ʒi.
Ter in die,

it will be found that taken half an hour before meals with a tumblerful of water, the results are much more satisfactory than when no rules as to 'when' or 'how' are laid down or followed. Such a mixture is indicated when the acute symptoms of rheumatic fever have abated ; and in many forms of atonic rheumatism, or gout.

Tonics.—We are very little wiser as to the *modus operandi* of tonics than Galen was. A tonic is an agent which gives tone to the system. Quinine, strychnine, and at a long interval, gentian, calumba, and chiretta, are bitter tonics. Cascarilla, cusparia, and camomile, are aromatic tonics agreeable to the stomach. Then the mineral tonics are iron, arsenic, and copper ; chiefly the two first. In convalescence, in conditions of debility, and loss of appetite, tonics, and especially the bitter tonics, are indicated. So long as the tongue is furred, it is well to withhold iron, and to give something like this :

Quin. Sulph., gr. i.
Ac. Phosph. Dil. ℥ xv.
Inf. Gentian, ʒi.
Ter in die.

or :

Liq. Strychniae, ℥ iv.
Ac. Hydro Chloric. Dil., ℥ x.
Inf. Cascarilla, ʒi.
Ter in die,

and to act upon the bowels with the measures described above (p. 21). Under the influence of a tonic the appetite improves, the digestion gains vigour, and the patient experiences a sensation of energy dependent upon a feeling of well-being. How far tonics act specially on the centres of the respiration and the circulation is not yet definitely known. Probably tonics act on all nerve-centres ; some acting more on some, others on other centres.

Excretion.—To comprehend excretion correctly, the student must grasp the subject from the point of view of evolution. In the little jelly speck, the amæba, the tiny particle of food is seen to disappear by a digestive act which entails no special organs. As life advances upward, we find an alimentary canal forming, and upon this a liver, etc., become developed. But all organs with ducts are but portions of the general excretory surface ; more specialised areas still possessing the characters of the primitive exterior. Consequently we find that in conditions of jaundice, the bile is not excreted by the bowels, as it is normally, but by the kidneys, for the urine will leave a deep bile stain on the linen ; or by the mammary glands, the milk also staining any object it comes in contact with. In conditions of arrested action of the kidneys we may have, and commonly do have, uræmic diarrhoea, and even ureous vomiting, while the breath has a urinous odour. When the action of the kidneys is arrested or defective, other excretory organs take up the work, eliminating the nitrogenised waste. The kidneys are involutions of the skin, and in scarlet fever, when the cuticle is shed, there is very frequently 'desquamative nephritis.' Recent observations have demonstrated that in the presence of urea, uric acid, the phosphates, chlorides, and sulphates of the alkalies, the constituents of sweat, are those of

urine. Even carbonic acid, which is usually supposed to be given off by the lungs only, is exhaled from the skin. In the lower animals cutaneous respiration is indeed an important matter. The practical utility of remembering the common origin of the excretory organs lies in the fact, that other organs can help out special organs when functionally disabled. Thus in acute nephritis we put the bowels into energetic action with cathartics, and excite the skin by hot baths, till the patient sweats freely; and so relieve the kidneys. Not uncommonly diarrhoea is a compensating action, not a disease *per se*. The first patient seriously ill when I took my father's practice, I killed. She was the subject of chronic Bright's disease, of which I was not aware; and had severe diarrhoea, which, after much difficulty, I succeeded in arresting by the usual combinations of astringents and opiates. But instead of improving, when the diarrhoea was checked, in a few hours the patient grew worse, and soon went into uræmic coma, which proved quickly fatal; the breath producing grand crystals of hydrochlorate of ammonia on a microscopic slide moistened with dilute hydrochloric acid. I fully realised what I had done, and very sorry I was for the poor farmer whose wife was thus removed; but my regret did not and could not restore to him his wife, however much I might take the matter to heart. But the lesson it taught me will never be forgotten, and the avowal of it here may put many a student on his guard in similar cases. Since then I have made it a rule, in all cases of diarrhoea where there is any suspicion of kidney mischief, not to attempt to check the diarrhoea, except by food, until the other excretory actions are set agoing. In chronic renal disease chronic skin affections are very common, of a gouty character, and curable only by measures

which strike at the causal disturbance, namely, accumulation of nitrogenised waste in the blood.

This nitrogenised waste may take the form of either bile acids or uric solids ; and either circulating in the blood gives rise to much disturbance. Very many of the maladies met in practice are not associated with lesions readily recognisable in the dead-house ; and of these the troubles associated with excess of waste form a large proportion. For the treatment of these maladies we use a class of agents called alteratives.

Alteratives.—‘These may, perhaps, neither stimulate nor depress, so far as can be perceived, any function of the body ; their action may be silent and imperceptible, their mode of influence may be unknown ; but their therapeutic effects are among the most assured of clinical facts’ (H. C. Wood). So far experimentation has thrown little light upon these agents, but clinical experience is rich as to their utility. Mercury is a powerful alterative, especially useful when the retrograde changes in albuminoids are not going on satisfactorily ; it seems to facilitate the oxidising processes requisite for their removal. Arsenic acts upon all the excretory organs, and is a powerful alterative of a tonic character, often most useful in cases of malnutrition with consolidation of one or other lung apex. The use of arsenic by the Styrians to give them good ‘wind’ and a ruddy countenance is well known. Then iodide of potassium is a favourite alterative. ‘Donovan’s solution,’ a combination of iodine, mercury, and arsenic, is a powerful alterative, not as much used as it might be. Then in many cases the alkalies are very useful in the removal of excrementitious nitrogenised material. The value of mercury as an alterative is vividly shown in the following case, very common in practice. *A person has a foul-coated tongue, a bitter taste in*

the mouth, and general *malaise*, with more or less headache. Vegetable purgatives are taken until free purgation is induced. Yet the condition is little relieved, if at all. A mercurial pill is prescribed at bed-time, and an alkaline saline purgative in the morning ; and, *presto*, the tongue cleans and all the unpleasant sensations pass away with the bile laden stools so induced. This is a subject which attracts very little attention in hospitals, and especially teaching hospitals ; but it is one of considerable importance in daily practice. An alterative is an agent which is given off by the different excretory surfaces, and probably stimulates their activity, and so alters the condition of the system. ‘To deny the existence or value of medicines of this class because we cannot tell why mercury relieves syphilis, or why iodide of potassium cures rheumatism, is as absurd as to deny the existence of the syphilitic or rheumatic dyscrasia, because we do not know their ultimate nature’ (H. C. Wood). As to how to use these alteratives a few illustrations may be given. Thus in rheumatic pains it may be well to prescribe

Pot. Iod., gr. v.
 Pot. Bicarb., 3 fl.
 Inf. Buchu, 3*i.*
 Ter in die.

If there be any deposits in the urine, it may be well to give Pil. Cal. Col. Co., gr. iv. every second night. Or in a case of chronic syphilis

Liq. Hyd. Bichlor., 3*i.*
 Tinct. Fer. Mur., 3*x.*
 Inf. Quassiae, 3*i.*

would be a good prescription. Iron given along with mercury prevents the cachexia which large doses

of mercury taken continuously are apt to produce. And it is a most important matter to remember in the treatment of constitutional syphilis, that iron administered with mercury obviates the ill effects which the mercury alone is apt to produce.

Or a person is suffering from a chronic condition of imperfect health, as, for instance, a girl at puberty, who is pale and listless and 'good-for-nothing,' and in whom the catamenia are not being properly established. Here there is probably constipation present; and aloes is both a purgative and a stimulant to the haemorrhoidal vessels which supply the uterus. Consequently

Arsenic, gr. ii.

Fer. Sulph. Exsic. 3*i.*

Pulv. Pip. Nig. 3*i* fl.

Pil. Al. et Myrrh, 3*ii.*, m. ft.

In pil 60 div,

one to be taken twice a day after meals, would be a good measure to adopt. Here the chalybeate is given with an alterative and a laxative; and in a few weeks probably the patient will be much relieved. Such a pill also is excellent where there is general malnutrition, with consolidation of one or both lung apices; especially when the night-sweats have been arrested. At the commencement of a severe cold, it is well to give as an alterative combined with a sudorific

Cal., gr. iv.

Pulv. Antimonial., gr. v.,

at bed-time, and a black draught, or seidlitz powder in the morning; and after that

Pot. Iod., gr. iv.

Liq. Amm. Acet., 3*i.*

6tâ quâque horâ.

By giving the powder the night before the morning purgative, the reparative processes will be aided and expedited. I did not believe this in my early days; but a little experience soon convinced me on the matter. In strumous children the addition of iodine to iron is excellent, as seen in the Syr. Ferri. Iod.

It is, however, not till he gets 'into practice' for himself and feels the pressure of the competition for an existence, when patients are something more than mere social units (as they are in a student's eyes in a hospital out-patient room), that the young medico is likely to take any interest in alteratives, or to appreciate their utility.

CHAPTER III.

BODY TEMPERATURES.

THE temperature of the body in health is at or about $98\cdot5^{\circ}$ Fahr., and this is maintained alike in Arctic regions, and in hot countries where the surrounding temperature is over 100° . The student should have a clear idea of the production and dispersion of heat in the body, in order to wield his clinical thermometer skilfully, and to interpret correctly the information it furnishes to him.

The body heat is produced by the union of carbon and hydrogen with oxygen, in the viscera and the muscles; and, to a small extent, by the oxidation of albuminoids, chiefly in the liver. Heat is radiated away from the body by the cutaneous, or heat-losing area; chiefly by the cooling effects of the evaporation

of water, *i.e.* by the insensible perspiration. The more the blood in the internal, or 'heat-producing' area, the more body-heat is evolved ; while increased vascularity in the skin increases the heat loss. In a cold temperature the skin is cool and marbly, and devoid of perspiration ; in hot climates the perspiration is very great. Violent muscular exertion leads to sensible perspiration ; and thus increased heat production is accompanied by increased heat loss. Again, when very hot and a draught of iced fluid is swallowed, sensible perspiration is experienced almost immediately. The cold fluid contracts the blood-vessels of the internal area, the warm blood is driven to the surface, and then ensues perspiration, which of course increases heat loss ; and so we feel more comfortable. If the student will only bear in mind these physiological facts, he will all the more clearly comprehend—and this is in practice a very important matter—the difference betwixt a pyretic condition with a 'dry' skin and one with a 'wet' skin.

Let me try to make this quite plain to the youthful reader. When the skin is 'wet,' it is obvious that the heat loss must be extensive, and considerably above the normal loss. It is quite clear then that the heat production must be very great for pyrexia to be maintained with a wet skin. On the other hand, in ordinary pyrexia, as at the beginning of a common cold, or in the early stage of the exanthemata, and in typhoid fever, the skin is dry and imperspirable, and thus there is no heat loss by evaporation. Of course there is a certain heat loss from the hot vascular skin ; but as the cooling effects of evaporation are the chief factors in heat dispersion, and these are not present, then the heat dispersion is unequal to the heat production, and so the body heat accumulates and a state of 'fever' is instituted. Now it is quite

clear to the student that his line of treatment in the first case is not to essay any attempt to increase 'heat-dispersion,' but to limit 'heat-production.' In the second case, increased 'heat-dispersion' is essentially the matter to be aimed at. How then are these ends to be brought about? I will try to tell him.

Depressants, or remedial agents which lower activity in the body processes, are of two classes, (1) nerve depressants, and (2) vascular depressants. The agents which will depress nerve-activity will be considered further on (Action and Inaction).

Vascular Depressants.—A vascular depressant is an agent which lowers the heart's activity, and this affects the production of body-heat, first by slowing the blood-current, lowering the blood-pressure in the arteries, and so limiting the oxidising processes in the lungs and elsewhere. Thus it strikes directly at heat-production. This would, however, not be very efficient if at the same time these agents did not act on the peripheral vessels. These agents also dilate the cutaneous vessels, and so increase heat loss; not only that, but they act upon the sudoriparous glands and institute perspiration, which had previously been arrested. They thus directly increase heat dispersion. These agents are antimony and aconite *par excellence*. Chloral hydrate and opium (potent nerve-depressants) also lower heat production and increase heat dispersion. Now let us see how these agents can be made useful in the treatment of pyrexia. Say the student is called in to a case of severe cold, with turgescence of the lining membrane of the respiratory tract. The skin is hot and dry; the patient is feverish and thirsty. He is drinking cold fluids, which, in being raised to the body temperature, neutralise so much *heat*. Here it is evident that heat dispersion is what

is to be arrived at. To restore the action of the sudoriparous glands will at once give relief. So it is well to give

Pulv. Opii., gr. i.

Pulv. Antimonial., gr. v.,

for an adult, at bed-time. This will probably provide a fair night's rest; then something of this kind may be prescribed:

Vin. Antimonial., ℥ xx.

Liq. Am. Acetat., ʒi.

6tā quâque horâ,

the first dose to be taken early in the morning. Some half-hour after it is taken give the patient a draught of hot fluid, as milk, or beef-tea, or weak tea or coffee, or cocoa. Perspiration is most easily and readily excited about 6 or 7 A.M. (as a phthisical patient can tell you). Repeat this the next morning. The effect of this line of treatment is to make the skin moist, and so aid heat dispersion; to make the pulse soft, and so to lessen the vascular turgescence of the congested mucous lining of the air passages; and with this lowering of the turgescence secretion is restored, and the mucous membrane is soothed thereby. There is less irritative cough, and the expectoration is easier. The cough set up by the irritation caused by the congestion and dryness was useless and exhausting. Now it is less, but it is accompanied by expectoration. This action may be facilitated by the inhalation of steam, or, still better, take a large sponge, wring it out of hot water, dash on it a tablespoonful of turpentine, and let the patient inhale the fumes. Or a large bucketful of boiling water may be placed on the floor of the room, if the patient be a child—for children cannot read.

be taught to inhale. So much for the treatment of a common cold.

Or the patient is a child of twelve with measles coming on. Here again there is a fast pulse, a dry skin, and rising fever. The tongue is furred, and it may be necessary to prescribe

Cal., gr. iii.
Pulv. Jalap, gr. vi.

at bedtime. But the main treatment would be to prescribe

Vin. Antimon., ℥ x.
Vin. Ipecacuan, ℥ x.
Aq. Anethi, 3ii.
4tâ quâque horâ,

which would keep down the pyrexia pretty well. Or aconite may be used after the plan advocated by Sidney Ringer.

Tinct. Aconiti, ℥ i.

every hour. But perhaps it would be more convenient to prescribe

Tinct. Aconit., ℥ iv.
Vin. Ipecac., ℥ x.
Aq. Anethi, 3ii.
4tâ quâque horâ.

But the student must never forget that children bear depressants badly, *i.e.* ordinary doses will at times produce alarming prostration; so he must be on his guard in this matter. On the other hand, children are tenacious of life.

Or a patient is in typhoid fever. Thirty years ago he would have been dosed with antimony; fifty years ago he would have been bled to a

moral certainty ; now he is most likely to be put in a cold wet sheet, or placed in a bath of water at 95° and cooled down. The bleeding would affect the heat-producing processes by the abstraction of a number of the red blood-corpuscles—a very direct means of striking at the pyretic state. One of the best and most skilful general practitioners I know, practises in a country district with a hardy rural population around him. He always carries his lancet-case with him, and in rising pyrexia from a local inflammation, usually commences his treatment by a moderate bleeding. His experience tells him that these persons bear bleeding well ; and after this depletion, the medicines he prescribes act more efficiently than where no bleeding has been practised. The rational, intelligent use of the lancet must come in again. To return to the typhoid fever patient. He should be kept in bed in a well ventilated room ; his stools should be carefully disinfected the moment they are passed, and at once removed from the sick chamber and buried ; he should be fed on milk essentially ; but if this curd too much, then the milk had better be diluted with water, and some form of farina be added to it, to prevent a firm curd forming in the stomach. When the milk curds too firmly, the white curd is seen in the pea-soup coloured stools. Such is the management of the case so far. Now, what should be given to the patient as medicine ? If the case is a mild one, it is customary to let it alone and just watch it, or perhaps to give some mineral acid, as phosphoric or hydrochloric, well diluted with water.

Acid. Phosp. Dil., ℥ xv.

Syr. Simplic, 3*i.*

Aquaæ, 3*ii.*

6tâ quâque horâ,

would be pleasant and refreshing to the patient, to say the least of it. But my own private opinion is that the acid to be used here is essentially the hydrobromic. There is a tendency to cerebral excitement and delirium at nights, which is aggravated by opiates. Now bromine is a nerve sedative of a potent character, as the extensive use of the bromides testifies. I am not now in such practice as permits of my directing the treatment of typhoid patients to any extent, but, if I were, the hydrobromic acid would be freely used. It is as pleasant an acid as any other, and is sedative to boot.

Ac. Hydrobromic, ℥xx.
Syr. Simplic., ʒi.
Aq. ʒii.

every four or six hours, would be the mixture employed.

If the case be pyrexia associated with local inflammation, then the student must look to two separate matters : (1) the position and extent of the local inflammation ; and (2) the general disturbance of the patient. Patients of the phlegmatic order often show little general systemic disturbance, even with extensive inflammation. Those with a mobile temperament will manifest much general perturbation from a slight cause. It is well to appraise each factor carefully. In the nervous person it would be well to use chloral hydrate in repeated small doses.

Choral Hydrate, gr. x.
Mist. Camphoræ, ʒi.
6tâ quâque horâ,

would probably produce satisfactory results. If the
inflammation is great, as is the case when a serous surface is

inflamed, then analgesics are indicated as well as depressants. Say it is a case of pleurisy in a fairly strong man. Then

Tinct. Opii, ℥_{xx}.
 Vin. Antimon, ℥_{xv}.
 Mist. Camphor., ʒi.
 6tâ quâque horâ,

is my favourite mixture. But here there crops up the question of the local treatment, a matter we had not to deal with before. Here there is the dry inflamed pleurae rubbing on each other at every respiratory movement. This produces the acute pain requiring the opiate. To relieve this some leeches may be put on to deplete the costal pleura; or it might be well to attain the same end by putting on a hot poultice. Here the dilation of the cutaneous twigs of the intercostal arteries depletes the pleural twigs and so furnishes relief. But there is another matter to be attended to, and that is—rest of the inflamed part. Putting a flannel binder round the chest, and so limiting the thoracic movement in the respiratory act, lessens the pleural friction which is the source of pain; the respiration being thus made almost entirely abdominal by the action of the diaphragm. A large poultice both depletes the costal pleura and limits movement; consequently it is always well in pleurisy to prescribe one.

In peritoneal inflammation opium should be given freely and boldly. The more severe the pain, the larger and more frequent the dose of the opiate; while the belly should be covered by flannels wrung out of hot water and freely sprinkled with turpentine and laudanum. During acute pain of inflammatory origin, push opium freely; withdrawing it as the pain passes away.

We now come to the subject of pyrexia with a 'wet' skin. This is very commonly seen within a week or two of parturition ; but is also seen under other circumstances. Here the body temperature is high, and the heat dispersion from the moist skin is considerably more than the normal heat loss in health ; consequently there is a very high heat production. But it is useless to attempt to meet such pyrexia by any means of heat dispersion—unless it be that of external cold—so we must look to something else. Extensive experimentation on the Continent has demonstrated the utility of quinine, and of digitalis, in lowering the body temperature in conditions of pyrexia. Quinine is believed to interfere with the oxidising processes and so to arrest pyrexia. Digitalis acts upon the peripheral arterioles which are dilated in pyrexia, contracting them. (It is a law that the blood pressure in the arteries and the body temperature stand in an inverse proportion to each other. Digitalis, then, increases the ventricular contractions and contracts the arterioles, and thus fills the arteries.) We cannot regard the explanations so far attempted of the action of quinine or digitalis as quite satisfactory ; but their value clinically is established beyond question. The following combination has done me yeoman service on numerous occasions.

Quiniæ Sulph., gr. v.
 Tinct. Digitalis, ℥ x.
 Ac. Phosph. Dil., ℥ x.
 Aq. ʒ i.
 4tâ quâque horâ.

It can be given at longer intervals as the pyrexia defervesces. Our knowledge of quinine and digitalis as anti-pyretics is in its infancy ; while experience is

too conflicting about salicylic acid for anyone to attempt to appraise its value as an anti-pyretic.

Low Temperatures. — In the treatment of low temperatures we can use heat, either applied externally, or, as hot fluids, taken internally. A hot poultice over the heart will always stimulate its action. If a low temperature is not the result of disease of the lungs, or heart, it may be due to alcoholic intoxication, or to the effects of opium, chloral, or aconite, or other toxic agent, which kills by bringing the circulation and the respiration to a standstill. The temperature falls as these vital actions becomes arrested ; while the fall of temperature further paralyses their enfeebled centres ; and so life is extinguished. Medicinally the best agent to employ is belladonna, which increases body heat and excites both the circulation and the respiration. It should be given in the form of atropine, the dose of which can be carefully measured ; and it is tasteless. Belladonna has an unpleasant taste, and all galenical preparations of it are of uncertain strength. It may be given so :

Am. Carb., gr. iv.

Liq. Atropiæ Sulph., ℥ i.

Aq. Menthæ, ʒi.

4tâ quâque horâ.

Such a combination I find most useful in cases of chronic bronchitis and emphysema, where there is a strong tendency to a low temperature. If the case were urgent, as in alcoholic poisoning, my own plan of action would be to inject subcutaneously thirty minims of the Liq. Atropiæ. On Feb. 14th, 1878, I had a grain of sulphate of atropia injected, at once, into the arm of a woman who was dying from opium poisoning, with the most satisfactory results. In the

United States atropine is being used for the treatment of collapse, with such results that this use of it is extending. Its use is indicated in the collapse due to burns.

CHAPTER IV.

INFLAMMATION.

INFLAMMATION may be acute or chronic. As the first it is commonly seen as pneumonia, as inflammation of a serous or mucous membrane, or of the bones or rather periosteum. It occurs in the latter often in a subacute or chronic form. As chronic inflammation it is well seen in the valves of the heart, which are commonly the seat of chronic changes. The student has been taught that inflammation is not merely vascular congestion—it is vascular congestion and something more, viz., a production of cell growth, to speak broadly. Inflammation of a serous membrane is commonly followed by a fluid accumulation in the serous sac, which has to be dealt with in its turn. The pathology of inflammation must not detain us, however.

In inflammation of any area, large or small, the minute blood vessels of the affected area are dilated, while the nutrient arteries are full and dilated. (A patient of mine has eczema of the scalp ; when the eczema is active his temporal artery can be seen pulsating distinctly.) This is accompanied in ordinary inflammations by a state of general high arterial tension ; so that there is an abnormally large quantity of blood in the affected part. Now we *can attack* this condition of the vascular system *by the measures mentioned* in the preceding chapter.

So much we can do for the patient. We know of no agents which will directly affect the inflamed part. But we can often afford direct relief. For instance in a phlegmon we can put on leeches; or in a whitlow abort the suppuration by an incision into the inflamed parts, without waiting for suppuration. But in glandular inflammations we try other measures than incision; for instance, in a bubo we put on a lead and opium lotion, and when all tenderness has gone, paint it with iodine to promote absorption. In the preceding chapter the treatment of pleurisy was described. The agents which lower blood pressure in the arteries and also promote perspiration (and consequent heat dispersion) allay pyrexia. But further, by lowering the blood pressure in the arteries generally we lessen the vascularity of the inflamed area, *i.e.*, less blood is driven into it in 'sthenic' inflammation, the form now spoken of. The patient has a full, rapid pulse and a high temperature; from a therapeutic point of view these two matters are more important than the seat of the inflammatory action, or even its extent. To lower the blood pressure is to 'starve' the vascular zone. Antimony, aconite, and other depressant agents have been used for this end; and it is not 'bad practice' in the country to commence by letting a little blood, six to ten ounces, or so.

Then if the patient is in acute pain, analgesics must be administered. Say the patient has got a hot head and flushed eyes, with a sharp pulse, and rolls the head about in agony, then you would diagnose meningitis and give:

Pot. Brom., 3*i.*
 Chloral Hydrate, 3*i.*
 Mist. Camph., 3*i.*
 4tâ quâque horâ,

increasing and decreasing the dose according as the symptoms deepened or were relieved. Then you would put cold to the head, as pounded ice and salt, or cloths saturated with eau de Cologne, or vinegar and water. Instead of bleeding, you would probably find it more convenient to use a brisk cathartic, as

Elaterii, gr. $\frac{1}{2}$
Pulv. Scam. Co., 3*i.*

Free copious watery stools take away a quantity of water from the blood, and so deplete an inflamed area through the blood generally. Opium is not good in inflammations within the cranium or thorax; but below the diaphragm, and in inflammations in the limbs, it is invaluable.

If it is a case of pneumonia, then it may be well to prescribe :

Vin. Antimonial., m_{ii} xx.
Liq. Am. Acetat., 3*i.*
6tâ quâque horâ.

To put on a large jacket poultice, and so to dilate the vessels of a large cutaneous area, is 'to bleed the patient into his own vessels' pretty effectively; or aconite might be used as at p. 34. If, however, the patient be seen when the disease is far advanced, and the danger be imminent, then you must avert death if possible. The patient is pale, the respiration is very rapid, the pulse weak and thread-like—the patient, indeed, is dying with pulmonary engorgement and a right heart distended nearly to paralysis; and where the right heart is throbbing and palpitating in its attempts to carry on its work; then you would try to keep the heart and respiratory muscles at work, *and would combine direct stimulants to the respiratory*

centre, as ammonia and strychnine, with a distinct stimulant to the cardiac centres, as digitalis :

Am. Carb., gr. v.
Tinct. Nuc. Vom., ℥ x.
Tinct. Digitalis, ℥ x.
Aq. ʒi.
4tā quāque horā.

It would not alter the therapeutic line of attack whether the case was one of pneumonia, simple or tubercular, or bronchitis, or capillary bronchitis ; you really treat the disease through the patient. Your distinct business is to avert death. And the above combination has done me great service many a time, and will do so to you too, if given at the right time and the right place. Never mind antiquated textbooks ; when you have passed from the examination table to the bedside of your own patients, you will soon find out for yourself that much required for the first is of precious little service to you at the bedside ; and further, the painful discovery will dawn upon you that what is required for everyday practice has almost entirely to be acquired after your educational course is ended.

When you have 'sthenic' inflammation to deal with, your indications are (1) to relieve pain ; (2) to lower the vascular activity, generally and locally ; (3) to lower the temperature—these two are attained by the use of depressants ; and (4) to keep the stomach and alimentary canal in good order. If unfortunately the stomach gets upset, you must instantly 'change your front,' to use a military expression. Never treat the stomach with disdain. Compromise with it you must. Other measures, no matter what they are, are to be suspended, and the stomach treated when irritated.

Pot. Brom. 3j.
 Mist. Bism. Alk., 3i.
 6tâ quâque horâ,

must be tried if sickness supervene. If the stomach be acid, add to the milk taken a sufficiency of prepared chalk, or magnesia, to neutralise the acidity, and prevent the milk curdling too firmly. If the tongue is raw and becomes denuded of epithelium, stick to this line with might and main—to the exclusion of all else—viz., to keep the stomach in good humour. If the tongue is foul, then a calomel and colocynth pill at bedtime, and an ounce or so of black draught, will often do good. But whether you flog on the vital centres of the respiration and the circulation, or you attend to the stomach, of course turns on the exigencies of each case. You must use your own judgment in every case, or get some wiser head to tell you. As long as life is not very seriously threatened, keep a steady eye on the condition of the tongue.

Then ‘asthenic’ inflammation is common among our city population : ill-bred, ill-fed, the blended products of drink, poverty, lust, and syphilis ; reared on tea with a dash of alcohol ; a race deteriorated in physique by inheritance and wrong rearing, our city-bred patients of the lower class almost never need depressants. They bear them badly. The quinine and digitalis mixture of p. 38 is infinitely better for them. They need alcohol in liberal quantities ; they are accustomed to it ordinarily, and need extra large doses in disease. They have a very little ‘margin of health,’ and have little or no physiological capital to fall back upon, which would enable them to resist the stroke of acute disease. You must feed them, and give tonics. The fluttering pulse and heightened respiration require :

Am. Carb., gr. iv.
 Inf. Cinchonæ, ʒi.
 4tâ quâque horâ,

or they sink. Or the combination given at p. 39 is indicated at an early stage. If an inflammation in them does actually at an early stage present 'sthenic' symptoms, they soon pass away, as a rule; and give place to 'asthenic' symptoms. Depressants they will quickly sink under. A moderate dose of chloral if sleepless—and all call for further medical interference is abruptly ended. In others, especially persons of broken health and shattered constitutions, drunkards, or debauchers; or with constitutions sapped by over-work, or syphilis or struma, the same tendency to rapid failure of the vital powers is experienced. I can not and do not profess to attempt to put an old head on young shoulders; but I can tell the student what he has to try to do. It will depend much on his own willingness to learn as well as his intelligence how far he profits by what I write. Students are apt at times not to look straight at facts, but to quibble, to argue for argument's sake; to deliberately close their minds against the ingress of information, and then of course they are no longer teachable, but harden themselves in ignorant scepticism. A very bad mental attitude to adopt! After the brunt of the inflammatory action has been withstood successfully, and the acute symptoms are over, then comes the 'wreckage of the storm' to be dealt with. If the tongue cleanse satisfactorily, then something of this kind is indicated:

Quin. Sulph., gr. i.
 Ac. Phosp. Dil. ℥ xv.
 Inf. Gentian, ʒi.
 Ter in die;

or five drops of the *liquor strychniae* may be substituted for the quinine. If there be a quantity of lung consolidation remaining, or there be a thickened pleura, or peritoneum, then a mercurial will often be of signal service. Inflammatory products, syphilitic growths, like the spare albuminoids (the *luxus consumptum* of the Germans), all become so altered by the action of mercurials that they are readily got rid of. The fact we know; the explanation of it is shrouded yet in 'the darkness that precedes the dawn.' If there be pleuritic or pericardial effusion, a blister will often lessen the bulk of fluid and 'promote absorption.' Here, too, an occasional mercurial is often useful; but be careful to see that tonics and chalybeates are also administered to weak patients.

The lines laid down here for the treatment of inflammation apply to strictly surgical cases. The medical aspect of surgical cases requires more attention and respect than is at present accorded to it. In osteitis and periosteitis, to allay pain, to lower vascularity, and to promote sleep, are just as important matters as the local surgical measures very often. Where a surgical measure has given systemic relief, no medical treatment may be required, or very little. But before this, or when the relief afforded is partial, then medical measures may be of the greatest value; and it is not wise to overlook them.

Then rest may be of the most essential service. In inflammation of a joint we recognise this, and secure it rest. We strap a thorax in pleurisy when a broken rib is rubbing the pleura into inflammation; or when a tubercle protrudes from the lung and produces the same result. But in the treatment of endocarditis this has been utterly forgotten. Yet when an inflammatory storm is passing over the valve-curtains of the heart, lighting up a growth of connective tissue cor-

puscles in the fibrous structures beneath, we forget the lessons of pathology. The greater the strain upon the valve-curtains, the greater will be the growth of these corpuscles ; whose ultimate contraction will distort and mutilate the valves. Keep the patient flat on the back for days after the active symptoms have passed away ; what is a week in bed to a crippled existence with a leaking or stenosed mitral valve ? Calm the circulation, and the nervous irritability and desire to be getting up, with chloral if necessary. To use measures to give tone to the circulation, to throw more strain on those valve-curtains by getting the patients up, is unreasoning, mischievous energy. It is enough to make one despair of the reasoning powers of the species to think of the treatment of rheumatic fever with endocardial complications, after the acute symptoms are over. The lessons of pathology so carefully conned in the dead-house are forgotten at the bedside ; and the light they should project to guide our steps in practice is curiously wanting, or neglected. Some so-called practical men despise theory ; they advocate 'facts.' But theory will demonstrate the treatment—the rational treatment—of valvulitis to all in time. 'Practical men practise the errors of their predecessors,' said Lord Beaconsfield, wisely and wittily. Do not look lightly on a theory with a basis of facts for a foundation. To contemn theory is easy ; but the contempt may arise from incapacity to grasp the truth underlying it. 'What an insult it is to the chartered imbecility of industrial mediocrity that Shakespeare, Plato, Goethe, Humboldt, Bacon, indeed anyone who possesses anything of inspiration, should not be a mere sense-machine for registering observations. That some should declaim against theory is no more than that a eunuch should

inveigh against lechery; it is the chastity of impotence.'

Parenchymatous Inflammation.—Still more necessary is it to remember the lessons taught by pathology in those chronic modifications of nutrition now called parenchymatous inflammations. ‘Habitual use or over-stimulation of a part, by producing determination of the blood to it, may readily drive it into inflammation,’ writes Erichsen. The knowledge of this fact teaches us to lessen that demand upon the part which is driving it to inflammatory changes, and so avert the danger. This is more efficient than medical treatment often. ‘The whole origin and course of the parenchymatous inflammation must be subjected to a birdseye view, and then each part of the whole seen in its true relation to the rest. At the same time each part should have careful special attention given to it and its needs. If it be interstitial pneumonia in a mason working on fine stone, he must leave his occupation and flee for his life. As a police officer, a soldier, or an emigrant he may live; but if he remain a ‘fine-hewing’ mason, he will surely die; and that before long too. If the striker or boatman on the first evidences of aortic valvulitis quit his occupation and take to some lighter form of labour, he may live to a fair length of days. But if he adhere to what has produced disease in healthy organs, the morbid processes will be aggravated and the end accelerated. If the gin-drinker reform, his injured liver may yet last for years. If the gouty man reduce his consumption of nitrogen to what his kidneys, aided by his skin, can fairly eliminate, length of days may not be absolutely out of question; but such prolongation of life is incompatible with self-indulgence. Aortic valvulitis is common in hammermen, or strikers, and boatmen, and others who make sustained severe

efforts, and thus throw strain upon the aortic valves; indeed, it is not a very rare thing to find an aortic cusp actually ruptured by severe effort. It also occurs in gouty conditions with an hypertrophied left ventricle and a tense incompressible pulse; where the aortic valves are closed violently by the high blood pressure in the elastic arteries. The dust of fine-hewing irritates the lungs, as does flour in millers and bakers, fine dust in dry grinding, as needle grinding; and in other occupations where mechanical irritants are inhaled. Alcohol worries the liver into cirrhosis. Too much nitrogenised material excites a growth of connective tissue in the kidneys—‘the gouty kidney.’ In all these cases our knowledge of ‘the natural history of the disease’ should guide us as to prevention, and the avoidance of the provoking cause of mischief.

In those chronic modifications of nutrition in the joints found in the strumous, rest is all important. The thick epiphyses of struma are easily provoked by slight external causes to take on changes of nutrition and growth. Instead of a moderate production of healthy cells, imperfect cells are produced in abnormal quantities; there is an increase of quantity with a decrease of quality: until this may reach the production of pus, or suppuration. To rest the part is as important as to improve the nutrition; while ‘diseased tissues need the baptism of healthy blood for regeneration,’ they also equally need rest for repair. If a knee, it should be put at rest with a leather case well fitted on, so as to abolish movement. If the hip joint is the seat of disease, take off the weight of the body by an appropriate splint; or if the patient is in bed, keep the head of the femur and the cup of the pelvis apart if possible, as pressure will lead to ulceration. If the spine is weak, take

off the weight of the head and shoulders from the spine, by an external skeleton resting on the iliac crests and supporting the head and shoulders. Relieved from the superincumbent weight, repair is favoured in the spinal column ; which, when handicapped by that burden, must have got worse. What the surgical measures, as a Sayre's jacket, or what, should be, it is scarcely my province to say ; I merely point out here the principle which must guide your practice—show how your practice can be rational. Under favouring circumstances the natural efforts at repair are often very successful.

CHAPTER V.

ANÆMIA.

IT is usually easy enough to see that a patient is anæmic : but it is not so easy always to determine on what that anæmia depends. It may be due to want of food, or to imperfect assimilation. It may arise from a drain, as diarrœa or leucorrhœa ; or it may arise from gonorrhœa, when it is due to chagrin and discomfort telling on the digestive organs, rather than the mere loss by the discharge. Or constipation may occasion it. In woman, especially, a drain is no uncommon cause of anæmia. In such case it is well to prescribe :

Mag. Sulph., 3*fl.*
Tinct. Fer. Mur., ml x.
Tinct. Capsici, ml iv.
Inf. Quassiæ, zi .
Ter in die.

In elderly persons, and in women at the change of life, warm carminatives in their mixtures are always indicated ; and they are always comfortable to anyone taking a purgative. I believe this has been said before, but it will stand repetition. When due to, or associated with, a drain, stop the drain by appropriate measures.

In simple anaemia, as seen in girls at puberty, any form of iron is useful. If very anaemic, send them to bed for a week or two. Especially is this necessary when the patient is an overworked servant-girl. I well remember a girl at the West London Hospital who was under my care for fourteen months, and in spite of every combination of iron and tonics, she stood still. She was sent into the hospital and put to bed, and under an ordinary steel mixture, in a week, most distinct and perceptible improvement was made ; and in a week or two more she was all right. I have not forgotten that lesson ; and I hope the reader will not.

In childhood it is well to give lime as well as iron ; and Parrish's chemical food is a very pleasant form of this combination. Often in strumous children cod-liver oil works wonders. Then there are special circumstances which affect the anaemia, and require special and appropriate measures. Then in the anaemia so often found with consolidation of the apices of the lungs, it is useless to give iron, as an haemetic, if at the same time the night sweats are allowed to go on unchecked.

In malarial poisoning and the subsequent anaemia often seen, it is useless to give iron, unless at the same time the specific—quinine—be given with it. If there be congestion of the liver, with tenderness over it and a foul tongue, it is utterly useless to give iron.

Clear out the liver and get the tongue clean, and then chalybeates will do well :

Quin. Sulph. gr. ii.
 Tinct. Fer. Mur., ℥ x.
 Ac Phosph. Dil., ℥ x.
 Aq., ʒi.
 Ter in die ;

but if this be not done, it is waste of time to give iron.

Then there is toxic anaemia, as in lead-poisoning. Here it is desirable to get the lead out of the system by the iodide of potassium, as well as to order steel. In mercurial, or copper poisoning it is necessary to prevent more of the poison entering the system; and to let what is in get out, as well as give chalybeates.

Then, in gouty patients suffering from anaemia, while there are active symptoms iron is of no service, unless it be given along with potash :

Pot. Bicarb., gr. x.
 Ferri. Amm. Cit., gr. v.
 Inf. Quassiae, ʒi.
 Ter in die,

well diluted with water, is a capital combination. Usually it is well to let the active symptoms subside before resorting to iron. It would indeed be well to commence with

Sod. Sulphat., ʒi.
 Sod. Pot. Tart., ʒi.
 Tinct. Nuc. Vom., ℥ x.
 Inf. Gentian, ʒi.
 Ter in die,

until the tongue is clean and all active symptoms are removed ; then to follow with the potash and iron. After rheumatic fever this combination is indicated for a while.

Then in anaemia of syphilitic origin, a very wide class, I am sorry to say, it is necessary to give mercury freely. I hold with H. C. Wood in favour of mercury *versus* large doses of iodide of potassium. At present the iodide is given in very large doses, 3 fl. to 3*i.* Sometimes in syphilitic ulceration the iodide is to be preferred to the mercurial alone. But it is well to combine the two :

Liq. Hyd. Bichlor., 3 fl.
 Potas. Iodidi, gr. v.
 Inf. Gent., 3*i.*
 Ter in die,

is a useful form. But in the ordinary cases of anaemia, which is sometimes very acutely induced at an early period, it is well to prescribe the following combination :

Liq. Hyd. Bichlor., 3 fl.
 Tinct. Fer. Mur., 3*x.*
 Inf. Quassiae, 3*i.*
 Ter in die.

By giving iron along with the mercury, full doses of the latter may be given to very broken-down subjects without fear. My own individual experience has been that while I use mercury very freely in syphilis, no case of salivation or other mercurial trouble has occurred since iron has been systematically given with the mercury. In the anaemia of syphilis, whether it be acquired or inherited it matters not, always stick to the last combination ; whatever local measures may

be indicated. When the treatment has to be continued some time, it is well to give the two in pill form, which is tasteless and does not spoil the teeth.

Hyd. Bichlor., gr. v.
Fer. Sulph. Exsic., 3*i*.
Pulv. Pip. Nig., 3*ii*.
Pil. Al. et. Myrrh., q.s. M*ft*.
In pil. 60 div.
I. bis in die.

Then it may be well to rub in a piece of blue ointment, the size of a large pea, every night, either into the inside of the limbs, or over the rash; if rash there be. Also feed up the patient.

Continue the treatment so long as any evidence of syphilis remains; and a little longer. Hound the poison out of the system thoroughly and effectively; and perhaps the patient will never know more of it. When after the lapse of years a patient manifests syphilis in its later form, 'go for' the poison again energetically. Syphilis, like gout and malaria, shows itself actively after lengthened periods of quiescence very commonly; and like them requires active treatment at those times. Then, in inherited syphilis, it is well to give Hyd. c. Creta every night in two or three grain doses, when there is a copper-hued bottom, or the distinctive spots, or 'snuffles.' This clears out acid masses of mucus in the alimentary canal. If there are sores, they should be washed, and then dusted with calomel. The treatment should be continued a month after apparent complete restoration to health. Relapses occur in children as in adults, and must be actively treated. As a chalybeate to meet the general condition of anaemia or malnutrition in the quiescent intervals, the syrup of the iodide from 3*B.* to 3*i*. three times a day is indicated.

Then there is a form of anaemia and malnutrition in infants and children from excessive appetite, or 'bulimia.' It is commonly seen after hooping-cough and measles. Here there is chronic inflammation of the mucous membrane of the alimentary canal, and the sensations of hunger are intensified. The child eats incessantly; and the more it eats the more it wastes. It digests very little of the large amount it eats: it grows hungrier and hungrier, of course; and if the mother cannot, or will not restrain it to light meals of easily digested food, with proper intervals of rest for the stomach, the child will die. It may be well to prescribe:

Pot. Brom., gr. v.
Aq. Anethi, ʒi.
Ter in die,

to soothe the mucous membrane and diminish the sensations of hunger.

Plethora is the opposite condition to anaemia—where there is too much blood in the system. Here it is well for the student to determine whether there is 'true plethora,' with a full artery as well as a full vein; or there is venous congestion with a slack artery. If the latter, then

Tinct. Digitalis, mx.
Inf. Cinchonæ, ʒi.
Ter in die,

may be given as well as the Pil. Cal. Col. Co., at bed-time twice a week, and the draught given at p. 21. In the true plethora, with a tight pulse and often a throbbing head, it may be well to give

Elaterii, gr. $\frac{1}{2}o.$
Pulv. Jalap. Co., ʒi.

at once, and follow up with the mixture at p. 52, three times a day. In cases of amenorrhœa in florid women, with plethora, it is well to use this mixture freely, and to order hot hip-baths when the menstrual period ought to be present, and the patient feels as if it were coming on. A regulated dietary poor in albuminoids is necessary where a tendency to plethora or fulness of blood exists, no matter at what period of life or in which sex.

CHAPTER VI.

BLOOD POISONS.

THE student will often be brought face to face with conditions of blood-poisoning. This may be acute, from some poison absorbed from without the body ; or more chronic from pus absorption within the body ; or other matter, as in pyæmia. The treatment of blood poisoning is not very satisfactory. Say it takes the form of diphtheria, with the throat patches ; then the line to adopt is to support the system by beef-tea and milk, given together, wine when matters are critical, and the following combination :

Pot. Chlorat., gr. v.
 Tinct. Fer. Mur., mx.
 Syr. Aurant., 3 fl.
 Aq. ad., 3ii.
 6tâ quâque horâ,

for a child of seven or eight. For an adult twice *this dose*; at four hours' interval, if indicated. If there

are accumulations of pus in the inter-muscular planes let it out freely ; and it is well to do this antiseptically. For the treatment of blood-poisoning we resort to *Antiseptics*. These are agents which unite with organic matter in a state of molecular change, and in uniting therewith, make them into insoluble and therefore inert compounds. Just as in lead-poisoning sulphuric acid well diluted is given, and thus the inert sulphate of lead is formed within the system ; so in blood-poisoning the sulphites are given to unite with and render inert the acting poison.

Sod. Sulphit, 3*i.*
 Pot. Chlorat., gr. ii.
 Aq. Menth. Pip., 3*i.*
 4tâ quâque horâ,

is good. Carbolic acid is often useful as atomised spray for the patient to inhale. Or salicylic acid may be tried, as a salicylate of soda, 3*fl.* to 3*i.* quater in die. Some of these agents, as Condy's fluid and chlorate of potash, both rich in oxygen, are supposed to act by furthering the oxidising processes, and so rendering the poison inert. Condy's fluid should be sprinkled over the bedroom ; while a sheet kept moist with a solution of it, or chloride of lime, should be hung over the door of the room. As a prophylactic to be taken by the attendants, the following is good, and not unpalatable. Take an oz. of chlorate of potash, put it in a wine quart bottle, with the juice of two good-sized lemons ; shake the whole till dissolved ; then take a wineglassful three times a day. This is very good when there is scarlatina in the house ; or for those in attendance upon patients suffering from acute blood-poisoning.

The treatment of the more persisting pyæmiae can-

not be discussed here : but the line is to give the mixture at p. 57 regularly, and to keep up the patient's strength by good, digestible food, wine, and other stimulants ; and so, if possible, to enable him to weather the storm.

Malarial-poisoning takes the form of fever and ague, or dysentery. In fever and ague recurring in a person who has been subject to it, it is well to give

Quin. Sulph., gr. iv.
Tinct. Digital., ℥ x.
Ac. Phosph. Dil., ℥ xv.
Aq., ʒi.
Ter in die,

with a Pil. Cal. Col. Co., at night, and the mixture p. 53, in the morning. The poison lying chiefly in the portal circulation, evacuants are indicated ; as well as the malarial specific quinine.

In malarial dysentery, not the putrescent dysentery of camps, it is well to give ipecacuan in full doses. Say you give a drachm of laudanum to a patient, and in two hours, when the stomach is under the influence of the narcotic,

Pulv. Ipecacuan., ʒi.

The patient for a few hours will be deadly sick, then will vomit ; and next day there is a normal stool containing bile, and the dysentery is relieved. If not thoroughly successful in the first attack, repeat the manœuvre.

In the general management of specific fevers there are points to be attended to in all cases ; special points in particular maladies. Firstly remember that the infectious power is at the decline of the malady : in scarlatina so long as there is an effete epidermal scale to be shed ; in smallpox so long as there is

a scab to fall. In measles we do not exactly know the peculiar infecting agent—possibly a mucous epithelial scale; but this is pure hypothesis. In typhoid fever the stools should be passed into a utensil containing a disinfectant, as chloride of lime or carbolic powder: some more of the disinfectant should be thrown over the motion as quickly as possible, which should then be buried some distance from the house, or in towns otherwise disposed of. These measures should be adopted for the protection of others. Now for the patient. As the reader is a student, we will suppose him going to his first case of scarlatina. Having made his diagnosis, he will put the patient into a good airy bedroom, and allow plenty of fresh air; in the rising temperature and burning skin there is little fear of catching cold. But when the fever has defervesced, and the skin is cool, and still more when the epidermis is peeling, chills are readily caught with the thin sensitive skin; then be very careful about cold. If the case is one of ordinary severity, give

Pot. Chlorat., gr. x.
 Syr. Aurant., 3*i.*
 Aq. an, 3 *f.*.
 6tâ quâque horâ.

If the throat is ulcerating, then add Tinct. Fer. Mur., m x., to each dose, and give wine and beef-tea. Otherwise milk, or milk and lime-water, or seltzer water, should be the staple food. Cold sponging with vinegar and water may be practised so long as there is distinct fever. When the fever is over, rub the patient over daily with carbolised oil, one part of carbolic acid to forty of linseed oil, or cocoa butter. The patient should be washed daily, and then

rubbed over with this carbolised oil. By this means the falling scales are disinfected and removed. Be very careful against cold for a month after the appearance of the rash: very careful indeed. If the urine become albuminous, put the patient in flannels; sweat him, or her, in a warm bath; then purge with

Elaterii, gr. $\frac{1}{2}$.
Pulv. Scam. Co., gr. x.

for a seven year old child; and don't be afraid that this will kill a strong child. Give milk and potash water, and

Pot. Bicarb., gr. v.
Fer. Amm. Cit., gr. v.
Aq., 3 fl.
Ter in die.

Any chalybeate tonic may be adopted in the convalescence.

In measles, remember the lung complications, and be on your guard against cold; in this, the early treatment differs from that of scarlatina. Put the children in a large room, and take care of draughts. If the mother has given some saffron-tea 'to strike out the rash,' don't snub her or condemn it; to do so would only be to let yourself down in her opinion, instead of convincing her: it is a time-honoured remedy. Then give each child

Vini Ipecacuan., ℥ x.
Syr. Zingiber., vel
Syr. Tolutan., 3 fl.
Liq. Amm. Acet., 3i.
4tâ quaque horâ,

dieting as in scarlatina. With care the children

should get through all right; if the lung symptoms are threatening, then an emetic of sulphate of zinc ($\text{O}_i.$ in $\text{3ii}.$ of warm water) is indicated; and a grain of carbonate of ammonia to each dose of the above mixture. When convalescing, it might be well to give

Sal. Volatile, m_{xv} .
Inf. Cinchon. Flavæ, 3ii .
Ter in die.

When called to a case of smallpox, get the patient away if possible. If this cannot be done, give something like this:

Ac. Phosph. Dil., m_{xv} .
Syr. Zingib., 3i .
Aq. ad., 3i .
 $4t\ddot{a}$ quâque horâ.

Darken the room to check the development of vesicles on the face, and feed the patient. Patients will become severely ill with smallpox, and yet often recover. If prostration is setting in, I should feel inclined to try

Am. Carb., gr. iv.
Pot. Chlorat., 3f .
Inf. Cinchon., 3i .
 $4t\ddot{a}$ quâque horâ.

The patient must be encouraged not to scratch the face, or pick the irritating scabs from the nose, else severe pitting will follow. A mixture of olive oil and calamine, in proportions enough to make a thin paste, is recommended to be painted over the face daily, to reduce the risk of pitting.

In hooping-cough it is well to give atropine.

Liq. Atrop. Sulph., ℥ i.
 Aq. Anethi, ʒ i.
 6tā quāque horā.

If the respiration be excited, then

Pot. Brom., gr. v.
 Syr. Tolut., ʒ fl.
 Aq., ʒ i fl.
 4tā quāque horā,

may give better results. But study the character of the respirations; if shallow and rapid, atropine rather is indicated. Children stand belladonna well. If the child vomits with its cough, then feed it with milk, or milk-gruel, immediately after it vomits; so that the food may be digested and get out of the stomach before the next paroxysm comes on. After the true hooping-cough is gone, a troublesome cough of like character may remain, just a resultant 'trick' of the respiratory centres. Here it is well to prescribe:

Quin. Sulph., gr. i.
 Ac. Hydrobrom., ℥ xv.
 Aq., ʒ ii.
 " Ter in die,

which often is very successful. After that any chalybeate, as

Vini. Fer.
 Ol. Morrh., ʒ i.
 Ter in die,

or half a drachm of Parrish's food thrice daily. Influenza is a depressant form of catarrh; more depressant than is generally credited. Give for it

Am. Carb., gr. iv.
 Sp. Chloroform., ℥ xx.
 Inf. Cinchon, ʒ i.
 Ter in die,

and, if necessary, a pill at bedtime. A good pill in catarrhs, chronic bronchitis, etc., for nights of broken rest from cough, is as follows :

Pulv. Ipecacuan., gr. $\frac{1}{2}$.
 Pulv. Opii., gr. i.
 Pil. Scillæ. Co., gr. ii.
 o.n.

Where there is much embarrassment of the respiration, then

Liq. Morph. Mur., ℥ xl.
 Liq. Atropiæ Sulph., ℥ iii.
 Aq. Menth. Pip., ʒ ii.
 o.n.,

is to be preferred. Any dimness of vision, or dryness of the throat from the belladonna, is quite unimportant ; any action on the pupil no reasoning person would heed ; for of what significance is it ? It is one of our medical ‘bogeys,’ that’s all. If the patient is incommoded by the dimness of vision, as a needlewoman or an engraver, then it must be withdrawn ; or if the throat be disagreeably dry, then the belladonna may be given up.

Erysipelas appears in two forms, as a spreading dermatitis resulting from an injury, and as a specific disease in the face and head. As a mere dermatitis

Plumbi Acetat., ʒ ii.
 Tinct. Opii., ʒ ii.
 Aq., ʒ xx.,

is good, applied on lint covered with oilskin; and to regulate the bowels, if the tongue be furred, by the means often spoken of before in Chapter V., p 53, and to treat the patient according to the general condition, and the temperature according to the rules laid down in Chapters III. and IV. In true infectious erysipelas, it is well to give

Quin. Sulph., gr. i.
Tinct. Fer. Mur., ℥_{xx}.
Aq. ʒi.
6tâ quâque horâ,

to use the lead and opium lotion warm, or to dredge the face well with flour; this last is very desirable when there is much exudation, as this fluid possesses a high infecting power.

In the treatment of the pyrexia associated with blood-poisoning proper, not specific poisons, it is well to adopt the measures advocated for 'wet-skinned' fevers at p. 38.

CHAPTER VII.

GROWTH AND DECAY.

IT is well for the student to remember that the anatomical basis of our divisions of maladies is a convenient arrangement for text-books, but is not so well adapted for the bedside. Physiology must guide our practice very much more than it has done hitherto, or was able to do in past times. A fair knowledge of anatomy has long obtained, but such *an acquaintance* with physiology as is of any value

in practice as a light and a guide, is as yet only possessed by comparatively few. Yet it must be the basis of treatment, just as anatomy is the basis of diagnosis. Now, an infant is often disturbed in its digestion, has a swollen belly, with loose stools and much colic, evidenced by long cries. Here it may be well to see to the mother, or nurse. If she have leucorrhœa and cold feet, with constipation, put her right, and then the child will improve. Give her

Sod. Sulphat., ʒi.
 Pot. Bicarb., gr. x.
 Tinct. Zingib., ℥ xx.
 Inf. Cascarillæ, ʒi.
 Ter in die,

and instruct her about using injections for her leucorrhœa. Or if the child be weaned, see to its having the milk of one cow, or the Swiss preserved milk, a great advantage to town children. If the child still be gripped, or if it still throw up its milk firmly curdled, then give it

Potash. Bicarb., gr. ii.
 Ol. Cajeput, ℥ i.
 Syr. Zingib., ℥ xv.
 Aq. Anethi, ʒi.
 6tâ quâque horâ.

If hand-fed, a little prepared chalk or magnesia powder in its milk is indicated.

Often teething gives trouble, and then it is well to see to the gums, and lance them when a tooth is protruding, and the point is hot and tense. Cut the point, or points only; don't draw a lancet along the whole gum, and so leave a cicatrix to divert the teeth, that are yet to come, out of the straight line. When there is much irritation produced by the teething, then you may prescribe

Pot. Brom., gr. v.
 Aq. Anethi, 3*i.*
 Quater in die.

If there be any heat of head and constipation, then add Tinct. Sennæ, ℥_{xx}, till the bowels are well opened.

When there is hydrocephalus suspected, or present, then give this :

Pot. Brom., gr. v.
 Pot. Iod., gr. ii.
 Aq. Anethi, 3*i.*
 6tâ quâque horâ.

The plan of blistering the head with croton oil liniment has its advocates still ; but it is not now a fashion, as it once was.

Then there is infantile remittent fever, common in children, with its diurnal variations of temperature. Open the bowels with

Pulv. Scam. Co., gr. vi.,

for a seven-year-old child, first thing. Then give it

Quin. Sulph., gr. $\frac{1}{2}$.
 Ac. Phosph. Dil., ℥_{v.}
 Aq. Anethi, 3*ii.*
 Ter in die.

Then remember that of all the acute maladies of children, indigestion stands first in the swiftness with which the symptoms come on ; and the temperature rise is rapid. Then give an emetic,

Cal., gr. iv.
 Pulv. Ipecacuan., gr. x.,

and get the offending mass off the stomach at once.

After this the temperature usually falls, especially when the calomel acts on the bowels. If a delicate child, it may be well to give the ipecacuan without the calomel, and after the child has been sick, to give it a dose of castor-oil, say $\frac{3}{4}$ fl. When there are frequent attacks of indigestion, then give strict injunctions as to its dietary, milk—simple milk puddings, or a little soup or fish; little meat or pastry; but stewed fruit and cream *ad libitum*. Then give it this :

Sod. Bicarb, gr. iii.
 Bism. Trisnit., gr. v.
 Mist. Acaciæ, ℥ x.
 Inf. Calumb., ʒ ii.
 Ter in die,

before its meals.

Very often you will get a distinctly strumous child to deal with. Diet it as above, and give after food

Vin. Fer.
 Ol. Morrh., ʒ i.
 Ter in die,

and you will usually be gratified by seeing that the child improves very decidedly. Send it to the seaside, and when its stomach has been put right by the bismuth mixture, move it on to the oil and steel wine, and plenty of butter on its bread.

Then be watchful as to the subject of growth. Children grow by fits and starts. When acutely growing they are not idle but languid; and cannot 'do their lessons.' Put them to bed and give them

Quin. Sulph., gr. $\frac{1}{2}$.
 Ac. Phosph. Dil., ℥ v.
 Aq. ʒ ii.
 Ter in die,

and let them have plenty of milk. In consequence of the growth of the epiphyses, pain in the joints is often complained of, which pain is thought to be rheumatic: it may be so. A mixture of potash bicarbonate and the ammonia citrate of iron as at p. 52 is then indicated.

Chorea is common in children. When it is the result of fright it is apt to be very intractable. When the result of seat-worms give

Pulv. Scam. Co., gr. iv.,

to be repeated till the worms are all expelled. Then it is well to give

Pot. Brom., gr. v.

Fer. Pot. Tart., gr. iv.

Aq. 3ii.

Ter in die.

At other times, when the chorea is evidently due to a 'growing fit,' where the spinal cord is tardy or lingering in its consequential growth, then

Liq. Arsenic Hydrochlor., ℥ iii.

Tinct. Fer. Mur., ℥ v.

Aq. Menth. Pip., 3ii.

Ter in die,

will often do good service. If the child is very ill, put it to bed and keep it there.

When a child is badly nourished, and you have put its bowels in order, given it steel wine and cod-liver oil, and yet it does not thrive, it may be well to rub it over daily with olive oil, or neat's foot oil; cod-liver does smell so unpleasantly. Let the mother first wash it over with soap and water to clean away the epidermal cells and oil of the previous ununction, and 'cleanse the pores of the skin'; having done so,

then rub in, before the fire, half an ounce of oil over the infant's body. This will often produce results at once surprising and satisfactory.

Incontinence of urine in children is a common malady. It arises usually from hyperæsthesia of the vesical centres in the lumbar portion of the cord, so that in sleep any irritation in the pelvis, as ascarides in the rectum, is apt to cause these centres to relax the vesical sphincter—misinterpreting the irritation for the call of a full bladder. First remove any local irritation, seat-worms, a long prepuce, etc., then give internally

Liq. Atropiæ Sulph., ℥ ii.

Aq. Anethi, ʒi.

Ter in die.

Children, like rabbits, stand belladonna well ; do not be afraid of poisoning them with any reasonable dose of atropia. Also bear in mind that that irritability of the bladder so common in old men, where their rest is broken by having to get up several times to make water, is largely relieved by belladonna.

Liq. Atrop. Sulph., ℥ i.

Inf. Buchu, vel

Mist. Camph., ʒi.

Ter in die,

will often give decided relief.

In the treatment of children avoid two extremes in the use of calomel ; do not look upon it as a panacea for all the troubles of childhood, and always be giving it ; nor go to the other extreme of never giving it. In troubles in which the liver is involved an occasional dose of calomel is excellent, at any period of life, save and except for persons with cirrhosed or contracted kidneys—in other words, the subjects of Bright's

disease, who are very susceptible to mercury, as they also are to opium. With these persons both these agents are simply 'poisons.'

Then, when old age is beginning to lay his grip upon the organism, and the changes known as 'senile' are inaugurated, our practice must be modified. As age progresses, the utility and tolerance of iron diminishes. In conditions of debility in young persons a chalybeate tonic is almost universally indicated. But with elderly persons something of this kind is to be preferred :

Amm. Carb., gr. iv.
Sp. Chloroform, ℥ xx.
Tinct. Nuc. Vom., ℥ x.
Inf. Cascarillæ, ʒi.
Ter in die ;

or :

Sal Volatile, ʒj.
Sp. Chloroform, ℥ xx.
Inf. Cinchon. Flavæ, ʒi.
Ter in die,

which will be found a pleasant tonic.

Then as to their bowels : all laxatives must be well charged with carminatives. Such a pill as :

Strychniæ, gr. $\frac{1}{20}$
Pulv. Pip. Nig., gr. $i\frac{1}{2}$.
Pil. Col. Co., gr. $ii\frac{1}{2}$,

every second or third night, is indicated in constipation. For the morning laxative the following are useful :

Haust. Nig., ʒi.,

in an ounce of hot water. Or Hunyadi Janos a suffi-

ciency, with a teaspoonful of tincture of ginger, with some hot water. Ordinary purgatives, as effervescent salines, are apt to lie too cold on the stomach for elderly persons, as a rule.

Their assimilative organs become impaired, and the dietary of childhood is desirable. Mentally and bodily we find the proverb 'once a man and twice a child' hold good. Milk puddings, stewed fruit and milk, or cream, bread and butter and jam, or honey; fish, poultry, game; little kickshaws rather than solid meat, should form the bulk of the dietary. Remember that whether bile acids, or lithates, the troubles of advanced life are intimately linked with the presence of nitrogenised waste in the blood.

Elderly persons soon lose heat, and should be well clad, especially whenever the weather is cold. This is very true of those who suffer from bronchitis or emphysema. Put them to bed in cold weather and keep them warm. Give them 'treacle posset' to go to bed with, if up. A warmed bed, a draught of hot fluid with alcohol, are required for 'the chill blood of age.' Where they are teetotallers, 'treacle posset,' or a cupful of hot beef-tea, may be given instead of the alcoholised draught. When either extreme of life is attacked by bronchitis, keep up the system, feed; and keep exhaustion well in view. As a cough mixture for old persons with chronic bronchitis the following is indicated :

Am. Carb., gr. v.
Sp. Chloroform, ℥ xx.
Tinct. Nuc. Vom., ℥ x.
Inf. Senegæ, ʒ i.
6tâ quâque horâ

To which may be added ten drops of tincture of digi-

talis if the pulse falters a little, indicating embarrassment of the right side of the heart.

CHAPTER VIII.

RHEUMATISM, GOUT, AND DIABETES.

IN acute rheumatism put the patients to bed in a flannel shirt, and in blankets; nothing but woollen clothes near them. Then absolute rest for the sake of the cardiac valves; yea, for several days after all active symptoms have disappeared. A hot bran bag, or a poultice for pain within the pericardium, and hot solutions of bicarbonate of soda (zj to the Oii , with laudanum half an ounce) on flannel wrapped round the swollen painful joints. Then internally:

Pot. Bicarb., 3j .
 Tinct. Opii, M_{xv} .
 Inf. Serpentariæ, vel
 Inf. Buchu, 3j .
 6tâ quâque horâ,

with a copious draught of water is good; the opium being increased according to the pain—mind that— withdrawing it as the pain ceases. Others would prefer:

Sodæ Salicylat., 3i .
 Mist. Camph. 3i ;

but the first always served me well. Then at night:

Pulv. Opii., gr. ii.
 Pulv. Aloe Co., gr. iii. ;

or:

Pulv. Opii., gr. ii.
Plummer's Pil., gr. ii.

may be given with advantage. Do not disturb the patient too much by giving purgatives ; but if necessary give a purgative water, a dose of Carlsbad salts, or a Seidlitz powder. When the active symptoms are over :

Pot. Bicarb., gr. x.
Fer. Am. Cit., gr. v.
Inf. Quassiæ, ʒi.
Ter in die,

well diluted with water, slides the treatment from alkaline to chalybeate very agreeably. If a strumous young person, start cod-liver oil as soon as possible ; and get the patient away to the seaside as soon as the weather and the condition will permit.

In chronic rheumatism it is well to prescribe :

Pot. Iod., gr. iii.
Pot. Bicarb., ʒ fl.
Inf. Serpentariæ, vel
Inf. Sarsæ., ʒi.
Ter in die,

with Pil. Cal. Col. Co., gr. v., once or twice a week at bedtime. Then order a liniment, either Lin. Terebinth or Lin. Camphoræ, to be rubbed well over the painful part night and morning. When there is sciatica, give the above, and for a local application :

Lin. Aconit., ʒii.
Pulv. Opii., ʒi.
Sacch. Fœcis., ʒii.

spread on a V-shaped piece of lint, laid over the

course of the nerve, with the point looking downwards ; covered with a similar piece of oil silk about half an inch bigger than the lint all over, and secured by a long stocking, with the foot cut off, drawn over, all will do well. And don't change the piece of lint each day when the new dose of analgesic has to be applied to it.

Gout is a troublesome malady to treat. First let us take an acute attack with very painful joints. The Cal. and Col. Pil. with the Sod. Sulph. and Pot. Tart. mixture every second night and morning. Then :

Pot. Bicarb., 3*i.*
 Sod. Bicarb., 3*f.*
 Tinct. Hyoscyami, 3*f.*
 Inf. Buchu, 3*i.*
 Ter in die,

well diluted with water. Colchicum, you observe, is not in the mixture. I never give colchicum to a private patient ; my belief is it arrests the gouty inflammation, and 'bottles up' the gout-poison in the joint. I have seen patients sodden with gout-poison from the continuous use of colchicum, who have improved very greatly in their next attack from letting the 'gout' run its course, and getting the system cleared of the poison. Attacks of gout clear the system, as thunderstorms clear the air in sultry weather. But as the gouty patient may be suffering keenly, and you and he may not be very thoroughly acquainted, it perhaps may be well to add

Vin. Colchici, M*xv.*

to the mixture. To hospital patients, who must be well as soon as possible to work for wife and children, *I never withhold colchicum* ; but, nevertheless, in

reality it is 'bad practice.' The old and still favourite measure with many practitioners is :

Mag. Sulph., ʒj.
 Mag. Bicarb., gr. v.
 Vin. Colchici, ℥ xv.
 Aq. Menth. Pip., ʒi.
 Ter in die,

and it is not a bad measure for giving relief in cases of acute articular gout ; but, on the whole, the Pot. Bicarb. treatment is to be preferred. When the gout is firmly located in the patient, or in common parlance he is 'eaten up with gout,' then :

Pot. Iod., gr. iii.
 Pot. Bicarb., gr. ʒi.
 Inf. Gentian, ʒi.
 Ter in die,

swallowed with copious draughts of water, is a good measure. Then the food should consist of fruit, farinaceous foods, fish and fat—the four F's ; albuminoid foods being taken but sparingly.

Diabetes is a disease not to be confounded with mere glycosuria, as it has been too much in the past. When the result of shock or emotion of whatever kind, it is far from intractable to treatment. Opium in doses of from two to four grains night and morning, or codeia from gr. $\frac{1}{2}$ to $\frac{1}{2}$, often are of much service. Then the patient may have a chalybeate tonic, as the forms at pp. 22 and 24, with advantage. A great matter is the avoidance of starch and sugar ; and a diet of meat and vegetables, known as greens, or of almond or gluten biscuits are indicated. But for small quantities of sugar, especially in stout per-

sons, and where there is no ill-health complained of, do not be too heroic in your dietary ; just avoid sugar. Many a diabetic has been made much worse by a too restricted dietary ; but do not tell an examiner so, as your statement might be attributed to ignorance.

CHAPTER IX.

SOME POINTS IN PRACTICE.

BEYOND these conditions requiring general management of the patient, there are some more special matters to be alluded to. They may well be taken from above downwards.

Headache is a common complaint. If it is periosteal, then iodide of potassium in five grain doses is good. Where it is inflammatory in character, then :

Chloral Hydrate, 3 fl.
Pot. Brom., 3 fl.
Mist. Camph., 3*i.*
6tâ quâque horâ,

is a good combination. Clear out the bowels with the Cal. Col. pill at night and the black draught or its equivalent in the morning. At other times there is a feeble pulse, with pain and weight at the vertex —the indication of cerebral anaemia ; here Easton's syrup, or :

Cit. Fer. et Quin., gr. v.
Liq. Strychniæ, M*v.*
Inf. Quass., 3*i.*
Ter in die,

is good. The same will be good in cases of neuralgic faceache, common in women ; here it is well to see if there are any drains on the system, as leucorrhœa, or menorrhagia. Then there is *epilepsy* to be considered. However anaemic the patient, iron does not go well with epileptics ; it may improve the general condition, but it aggravates the fits. The best measure is :

Pot. Brom., 3*i.*
Mist. Camph., 3*i.*
Ter in die.

Keep the bowels open, and see that the fits are not induced by a surfeit. Especially is the bromide useful in epilepsy associated with the catamenia.

Delirium, when acute and not preceded by chronic evidences of brain disease, should not cause alarm, and does not in itself require any treatment. If the head be hot, then a bladder of cold water, or of ice, is indicated. *Sleeplessness* is a matter often calling for treatment, and chloral hydrate is now largely resorted to by many persons ; as the numerous deaths recorded in the newspapers testify. When the patient complains of sleeplessness, find out, if possible, the cause. If due to pain, then give opium ; but if there also be a full pulse, give it with antimony or with chloral.

Pulv. Opii., gr. ii.
Antim. Tart., gr. $\frac{1}{2}$.

is good in sleeplessness due to pain, as in an abscess or whitlow. In inflammatory conditions :

Tinct. Opii., 3*fl.*
Chloral Hydrat., 3*fl.*
Mist. Camph., 3*i.*

will often furnish relief. Children do not tolerate

opium well, neither do persons with chronic renal mischief. Then for an adult :

Chloral Hydrat., 3 fl.
Pot. Brom., 3 i.
Mist. Camph., 3 i.

will often give relief. A draught of alcohol at bed-time is often of great service, especially where worry in the day is the cause of sleeplessness. And, mind, never forget to see to the feet. Cold feet have more to do with sleeplessness than anyone thinks who has not studied the subject. Neglect of this fact often spoils an otherwise good line of treatment. Rub the feet well with a rough towel, and then put a bottle of hot water to them, and then the patient sleeps. For sleep a condition of cerebral anaemia is essential, and cold feet keep the blood too much in the head. Where there is heat in the head, give chloral in 3 fl. doses, or :

Tinct. Aconit., M x.
Pot. Brom., 3 i.
Aq. Menthae., 3 i.,

at bedtime. Persistent severe headache is often syphilitic in origin, and then the syphilis must be treated as at pp. 53-4. Then the patient may complain of *cough*. This may be due to trouble in the bronchial tubes. If in the first stage of bronchitis, give :

Pot. Iod., gr. v.
Vin. Ipecacuan., M xv.
Liq. Am. Acetat, 3 i.
6tâ quâque horâ.

And allow the patient to inhale steam, from a sponge

or flannel wrung out of hot water, if more elaborate arrangements are not attainable. It is often good practice to dash some turpentine on, so as to add its fumes to the steam. This will produce relaxation of the congested mucous membrane, during free secretion after which it becomes necessary to give stimulating expectorants—that is, agents which act directly on the respiratory centres. These are ammonia, strychnine, and atropia. They may be combined so :

Am. Carb., gr. iv.
 Tinct. Nuc. Vom., ℥ x.
 Inf. Serpentariæ, ʒ i.
 6tâ quâque horâ.

or :

Sal. Volatile, ʒ fl.
 Liq. Atrop. Sulph., ℥ i.
 Aq. Menth., ʒ i.
 6tâ quâque horâ.

A common mixture is :

Am. Carb., gr. v.
 Sp. Chloroform, ℥ xx.
 Inf. Senegæ, ʒ i.
 6tâ quâque horâ.

Never shake a mixture containing senega if you can help it. Why?—just do it once, for the sake of the experiment. Then cough may be due to the presence of a new growth in the lung structure, as a mass of tubercle. Here the offending matter cannot be removed, so the cough must be allayed by suitable doses of opium or morphia. But these will add to the night sweats if existing, or excite them probably.

when not present ; this can be prevented by combining with them belladonna, thus :

Liq. Morph. Mur., ℥^{xl.}
 Liq. Atrop. Sulph., ℥^{iii.}
 Aq. Menth., ʒ*i.*
 o.n.,

is a most excellent night draught.

Then cough may be a neurosis, as is often seen in children of both sexes, and in young women, simulating the cough of phthisis, and often causing much needless alarm. Here a tonic like Easton's syrup, or any of the iron tonics given before, will do good. Or it may be well to give

Pot. Brom., ʒ*ii.*
 Tinct. Fer. Mur., ℥^{x.}
 Aq. Menthae, ʒ*i.*
 Ter in die.

If this lock up the bowels, as it is very apt to do, give a Col. Co. pill at bedtime ; or add Mag. Sulph., ʒ*i.*, to each dose. To treat a cough properly is often to get great credit ; but to do so you must, usually, be clear as to what it is due to, and treat it accordingly.

It may be due to vascular congestion, as in mitral disease, and then digitalis will do more good than any cough mixture.

This brings us to the matter of the treatment of *palpitation*. Where palpitation is not brought on by effort, or increased by effort, do *not* give digitalis, but bromide of potassium. But when the arteries are empty and the veins are full, and effort brings on palpitation, then give digitalis ; no matter what the condition of the heart, whether mitral disease be present

or not. No doubt in mitral disease digitalis is of the greatest service.

Tinct. Digital, ℥ x.
 Tinct. Fer. Mur., ℥ x.
 Inf. Quass., ʒ i.
 Ter in die,

is in general vogue in heart weakness. It should be given steadily away for weeks. If the patient be very weak, let rest in bed go with this. Rest is a potent measure in heart-disease, as you will see often enough in your hospitals, where no medicinal treatment but simply rest in bed, makes a wonderful difference in the patient. But some digitalis will make the improvement more rapid, and keep up the improvement when the patient leaves the hospital. It is well to combine strychnine with the digitalis, thus :

Fer. Am. Cit., gr. v.
 Tinct. Digitalis, ℥ x.
 Tinct. Nuc. Vom., ℥ x.
 Inf. Quass., ʒ i.
 Ter in die,

which will often give you the most satisfactory results. Where there is a condition of chronic dilatation of the heart, with or without mitral disease, then it is well to give digitalis in pill form.

Strychniæ, gr. ii.
 Pulv. Digital, ʒ f.
 Fer. Sulph. Exsic., ʒ f.
 Pulv. Pip. Nig., ʒ i.
 Pil. Al. et Myrrh, ʒ f., m. ft.
 In pil. 60 div.; i. bis in die,

is convenient; the nauseous taste of digitalis is thus
 6

avoided, and the iron does not affect the teeth ; finally, there are no medicine bottles required. Keep up the treatment for months, or years if necessary. But when you find the palpitation not produced by effort, and there is a tense artery, and evidences of a hypertrophied left ventricle with accentuation of the aortic second sound, then give the patient alkalies, and put him on a non-nitrogenised dietary. Here there is 'the gouty heart,' whether actual disease of the aortic valves be present or not. Give

Pot. Bicarb., 3*i.*
 Sod. Sulphat., 5*i.*
 Inf. Cascarillæ, 3*i.*
 Ter in die,

with a calomel and colocynth pill once or twice a week. If there is a gouty state with a feeble heart, or the hypertrophied heart is failing, then ten drops of tincture of nux vomica, or of digitalis, or, maybe of both, prevents any depression the treatment might otherwise cause. In girls and young women, where there is violent action of the heart, with violent paroxysms of palpitation at times, see to the bowels ; then see if there be any irritation in the pelvis, in the uterus or ovaries, and if so treat that too. For the heart, if there be no mitral disease, digitalis is undesirable.

Sod. Sulphat., 3 fl. .
 Pot. Brom., 3*i.*
 Aq. Menthae, 3*i.*
 Ter in die,

is indicated. And put on a belladonna plaster. When there is a haemic murmur in the pulmonary artery, with palpitation in girls, that is, a condition of

anaemia, give then a chalybeate, p. 81, and keep them in bed for a week or two.

A patient with known heart-disease has an attack of dyspnœa, and is sitting in a chair, or propped up in bed; indeed, cannot breathe in the recumbent posture: what are you to do here? Put on a hot poultice to the chest; heat stimulates the heart. Then give

Am. Carb., gr. v.
Tinct. Nuc. Vom., ℥x.
Tinct. Digital., ℥x.
Aq. Menthae, ʒi.
4tā quâque horâ,

until relief is attained; then reduce the dose in frequency. Keep up the strength with beef-tea, milk, and alcohol. It might be well to take a few ounces of blood from the arm if the heart be felt beating violently, yet the pulse weak and the face congested—showing that the right ventricle is overtaxed.

At another time there is dropsy with heart-disease. First put the patient on the last mixture for a couple of days at least. Then he must be purged.

Elaterii., gr. $\frac{1}{2}$.
Pulv. Jalap Co., 3 fl,

in the morning early will usually bring away a number of watery stools. Do not think this too heroic treatment; the profuse catharsis gives great relief. Then give Sir James Simpson's bath. That is, fill six or eight lemonade bottles with boiling hot water: cork them tight. Then wring as many worsted stockings out of hot water. Draw the wet stocking over each bottle, and pack them one by one

round the patient in bed. In from half-an-hour to forty minutes the patient is sweating freely. Let this go on to the end of the hour: then remove the bottles. The patient will continue to sweat for an hour or so longer. Then remove the wet blankets, without giving the patient cold. Do this twice a week, and purge twice a week, continuing the mixture; and usually you will find the dropsy fall pleasantly. Do not prick the swollen legs, but if necessary put in Southey's drainage tubes, and let the fluid drip off the bed, not into it. If dropsical patients cannot, or will not stand purging, they usually die.

Now we descend below the diaphragm. In acute indigestion give

Cal., gr. iv.
Pulv. Ipecacuan., 3*i.*

to an adult. Get the offending mass up if possible; then in an hour give an ounce of castor oil to sweep away any portion left in the bowels. Always look out for acute indigestion in sharp high fever in children. Give them only half the ipecacuan, or make them vomit by tickling the fauces with your finger: and mind when doing this they do not bite you.

For diarrhoea, first determine what form it is. If due to offending matter in the bowels, and the motions, though numerous, are small in bulk, and are not accompanied by a sensation of relief, then give one ounce of castor oil. Or better still, Pulv. Rhei., 3*i.*

Rhubarb first opens the bowels and then constricts them. For the diarrhoea of irritant matter in the bowels it is excellent. Or an ounce of the Tincture of Rhubarb may be substituted for the powder.

Then it may be profuse in quantity and debilitating. *Then it may be well to give*

Cretæ Prep., 3*i.*
 Tinct. Opii, m_x .
 Tinct. Catechu, 3*fl.*.
 Aq. Menth., 3*i.*
 4tâ quâque horâ.

or :

Ac. Sulph. Dil., m_{xv} .
 Tinct. Opii., m_x .
 Inf. Hæmatoxyli, 3*i.*
 4tâ quâque horâ.

To this may be added :

Cupri. Sulph., gr. $\frac{1}{2}$.
 Pulv. Opii., gr. i.
 Ext. Hæmatoxyli, gr. ii.

at bed-time. If there be much pain, an enema consisting of a pint of starch with a drachm of laudanum may be thrown up the bowel.

Then there is the diarrhoea of hot weather, which is as well let alone as regards medicine, and where a milk dietary is sufficient for mild cases. Whenever the tongue is furred, especially with a yellow fur, encourage the diarrhoea, and do not attempt to stop it. Where there is the pale stools of children, without bile in them, known as 'the white scour,' in warm neighbourhoods, give three grains of calomel. In diarrhoea in infants, look and see if there is undigested milk curd in the stools. If so, mix the milk with some lime-water, and add a dessert spoonful of baked flour, or some baby's food, to prevent a firm curd forming. Also do this when curd is found in the stools of a typhoid fever patient.

When the diarrhoea is uræmic in old kidney disease, and there is either complete or partial sup-

pression of urine, do not attempt to stop the diarrhœa until the kidneys act well. To stop the diarrhœa without this is to imperil the patient's life still further. Put poultices over the loins, give a milk dietary with a little gin, and

Pot. Nit. gr. v.
 Liq. Fer. Pernit. ml xv.
 Inf. Calumbæ, $\mathfrak{z}\text{i}$.
 Quater in die,

if you must give some medicine. But eschew opiates and astringents till the kidneys act freely. Always remember that opium acts upon the viscera, through their nerve-ganglia, as well as upon the intestinal ganglia, or the cerebral hemispheres. Many an untoward result from opium would be avoided if this were more universally recognised. Consequently, never give opiates carelessly when a viscus is gravely embarrassed, and especially if the kidneys are the seat of trouble. Keep up the action of the skin; avoid all nitrogenised food which will throw more waste into the blood and add to the gravity of the position. Keep your head clear and cool, and remember your physiology, and what has been said before, at Chapter II., on 'Excretion,' and you will steer your patient through the storm successfully, at least in a majority of cases. But lose your head and do the wrong thing, and disaster is pretty sure to follow. You may become the object of suspicion with some of the friends of the patient, or busybodies, who will press upon you another and more energetic line of action. This is one of the greatest trials to which the young practitioner is subjected. But pursue your *course unswervingly*. The position reminds one of what Oliver Wendell Holmes says of the barque, in

"Sun and Shadow," as she is alternately white and dark to those looking at her from the shore.

' Yet her pilot is thinking of dangers to shun—
 Of breakers that whiten and roar ;
 How little he cares, if in shadow or sun,
 They see him that gaze from the shore !
 He looks to the beacon that looms from the reef,
 To the rock that is under his lee,
 As he drifts on the blast, like a wind-wafted leaf,
 O'er the gulfs of the desolate sea.'

So it will be with you, youthful reader ; and the consciousness that you know what you are doing, and that you are doing it to the best of your witting, will sustain you under unmerited obloquy. So restore the functional activity of the kidney before you take any active measures for the arrest of the diarrhoea.

Then there is a form of diarrhoea which is distinctly nervous, and the result of our 'long-run' expresses, not stopping for a couple of hours. Here it is well to give the patient Pulv. Rhei., ʒi. the day before, and five grains of Pil. Saponis Co. at bedtime, and to put him on a milk and corn-flour dietary.

In colliquative diarrhoea, usually accompanied by profuse sweats, give

Cup. Sulph., gr. $\frac{1}{2}$.
 Ac. Sulph. Dil., m̄ xv.
 Inf. Hæmatoxylī, ʒi.
 4tâ quâque horâ,

with the Cup. et Op. Pil., p. 85, at bedtime. Very energetic treatment is necessary under these circumstances.

In the diarrhoea of tubercular ulceration of the bowels, the same measures must be adopted, with a dietary of milk and wheat-flour, or arrowroot, thoroughly mixed.

Then there is the opposite condition of constipation to deal with. We will commence with less obstinate forms. A person has merely irregular action of the bowels. Here a pill of aloes and myrrh, gr. iv. at bedtime every second night may be enough, with a dessert-spoonful of citrate of magnesia the next morning in a tumbler three-parts full of water. Or, Pil. Col. Co. may be required instead of the Pil. Al. et Myrrh. Such measures are sufficient for ordinary constipation with a fairly clean tongue. A capital mixture is the Mist. Alb., or house-mixture of many hospitals :

Mag. Sulph., 5 fl.

Mag. Carb., 3*i.*

Aq. Menthæ Pip. 3*i.*, p. r. n.

When there is habitual persisting constipation, make the treatment more active :

Strychniæ, gr. ii.

Podophylli, 3 fl.

Pulv. Capsici, 3*i.*

Pil. Col. Co., 3*iii.*, m. ft.

In pil. 60 div.

i. bis in die,

will form an efficient purgative, or perhaps only laxative, even in severe constipation. If this is not sufficient, add some black-draught, or seidlitz-powder, or some citrate of magnesia in the morning, twice or thrice a week. In very intractable cases you will find that a combination which gives excellent results at first soon fails. Then you will have 'to ring the changes ;' go off to Tamar Indien, then Cockle's pills, *purgative waters* ; then back to the last pill, and round

again. And very troublesome some of the cases are, I can assure you, from the patient lacking perseverance ; even when a medical man himself !

Then there are cases of constipation with a brown-furred tongue, indicating a bilious condition. The patients will tell you they have taken salts, or Eno, or Cockle's pills, and been freely purged, but are no better. Here what is requisite is not a mere stimulant to the intestinal canal, but what will also stimulate the liver. Consequently the Pil. Cal. Col. Co. and Sod. Sulph., etc., so often referred to before, are indicated. The mixture every day thrice ; the pill every other night at bedtime. Often it is simply surprising how a mercurial pill at night will bring away a couple of bile-laden stools, and then, *presto*, the tongue is clean. In this, as in other forms of constipation, it is well to be patient and persevering, and by your conduct inspire the patient to be likewise.

For chronic constipation rhubarb is extensively used ; yet it is the most inappropriate laxative of all the series. It locks the bowels up after having opened them, and thus perpetuates the necessity for a laxative. You will find, as a matter of practice, that where a patient has been long habituated to Pil. Rhei, Co., it is enough to stop this, and give Pil. Al. et Myrrh, gr. v., at bedtime, and the patient soon loses the constipation. Often a tumblerful of cold water in the morning is itself sufficient to keep up the regular action of the bowels.

Then the patient complains of piles. If stout and plethoric, the loss of blood is rather good than otherwise. But if the loss causes the patient to look pale and ex-sanguine, then it must be stopped. Keep the bowels well open with alkaline saline purgatives : that is desirable. Then for the local treatment : ointments, even made with vaseline, a great improve-

ment on ‘unguents,’ are uncleanly. So let the patient wash the bowel immediately after the motion has passed, with soap and water, by means of a little sponge or piece of flannel, till every particle of fæces is believed to be removed; then dab the piles with a solution of alum, 3*fl.* to the pint; after this return them into the bowel. In a large majority of cases this measure will give efficient relief. But mind, ‘the sooner the better’ means that the patient should take the different things into the water-closet, and use them ‘immediately’ after the motion has been passed if possible.

Then there are renal troubles, and one of these is ‘ureteral colic,’ where a calculus is dislodged from the pelvis of a kidney and becomes impacted in the ureter. Then there is severe depressing pain along the affected ureter, and drawing up of the testicle on that side. Here give opium freely

Tinct. Opii., 3*fl.*

every two hours; and keep hot poppy-head poultices, or turpentine stypes over the abdomen. The pain may be such that the dose of opium has to be increased even. But as soon as the severe pain is over, withdraw the opium entirely, or just continue it in ten minim doses every six hours. The same line of treatment applies to gall stones.

Then you find indications for a diuretic. Probably you then combine several agents, as

Pot. Citrat., 3*fl.*

Sp. Juniperis Co., 3*fl.*

Tinct. Digital., 1*fl. x.*

Inf. Buchu., 3*i.*

Ter in die,

and very useful probably you will find this combina-

tion. It is, however, distinctly a 'pot-hunting' prescription, as ordinarily used. There are two classes of diureties, (1) those which increase urine solids, as potash salts, and probably juniper and buchu, and to a less extent others; and (2) those which increase the bulk of urine, *i.e.*, the water excretion. These latter act by increasing the arterial tension and from it the excretion of water: these are digitalis, which is given in cardiac dropsy with a slack pulse, but is of little or no use when given with a tense, hard pulse, no matter how great the dropsy; belladonna, squill, and scoparium. The two forms may be combined as in the foregoing prescription. But be clear about what you are doing; don't give digitalis for lithic acid deposit, or potash where the bulk of urine is small. But where there is both: combine them. Free action on the bowels often does much good where there are pink lithates. Purgation is always good in dropsy of renal origin, whether acute or chronic.

Acute renal dropsy is usually brought on by cold, and is pretty universal over the body, while the urine is smoky, or bloody. Here, to give the kidneys physiological rest is the first matter; therefore the food should not consist of beef-tea, but of milk and seltzer-water, or arrowroot sweetened, or fruit, or cornflour blancmanges, or cream and soda-water, or potash-water. Then the patient should be sweated well with Sir James Simpson's bath (p. 83) every day or second day, with the Elaterium, gr. $\frac{1}{2}$, and Pulv. Jalap Co., 3*fl.*, twice a week; not on the same days as the bath, however. Then, for a mixture:

Pot. Cit., 3*fl.*

Sp. Chloroform, 3*fl.* xv.

Inf. Buchu, 3*fl.*

Ter in die.

When the active symptoms are over, it is well to give fluids freely in order to wash the dead masses of epithelium, otherwise casts, out of the blocked renal tubules. But be careful : and do not push a favourable convalescence off the balance by animal food, iron and tonics, before the kidneys have regained their functional power ; and so overrun their returning power.

In chronic renal disease, otherwise broadly known as ‘Bright’s disease,’ it is impossible in a brief work like this to give the student any broad rules which can be of much use to him. Probably he will rest his diagnosis, wisely or unwisely, upon the presence of albumen in the urine. And when he does find albumen present, his next business will be to find out its significance ; and that is a much more difficult matter than to test for and discover its presence. How to appraise it I must refer to ‘Aids to Diagnosis ; Semeiology,’ (p. 59). It is well when albumen is found to pursue the line of relief of the kidneys given above. In addition, it may be well to give fifteen minimis of the tincture of steel three times a day, after food. But as to the wisdom of giving gallic acid, or astringents, chalybeate or other, to check the outflow of albumen, it is not apparent ; and this plan of treatment is becoming obsolete. Another exploded plan is that of giving quantities of albuminoids to meet the outgoing waste ; this probably kept up the albuminuria, which often is markedly lessened by a strictly milk dietary, and the avoidance of animal albuminoids. The student may smile at the expression ‘animal albuminoids,’ but as he grows older he will learn to recognise the fact that vegetable albuminoids are often more digestible and less disturbing in their later or remoter actions than animal albuminoids. *But it is well to remember that in chronic*

renal insufficiency it is well to further improve the vicarious action of the skin by warm flannel clothing ; in the first place, this protects the patient against sudden chills arresting the action of the skin, and so throwing a great demand rapidly upon the impaired kidneys—a matter fraught with imminent danger ; but further, such warm clothing keeps up the action of the skin, and so lessens the work of the kidneys.

If called in to uræmic coma, purge quickly, promptly, and efficiently, with the elaterium powder. Bleeding is often followed by good results. Ice to the head is of secondary importance, but may be pursued after the bleeding.

When there is dropsy, with or without head symptoms, following scarlatina, then it is well to give, say, to a six-year-old child,

Elaterii, gr. $\frac{1}{2}$ n.
Pulv. Jalap. Co., 3 fl.,

to keep it warm in bed, and on alternate days purge and sweat by Simpson's bath ; taking every care that the child does not catch fresh cold. Then give the child

Pot. Citrat., gr. vi.
Aq. Anethi, 3ii.
6tâ quâque horâ,

and let it have milk and farinaceous food ; not beef-tea, meat, etc. A little later it may be well to prescribe

Pot. Bicarb. gr. v.
Fer. Am. Cit., gr. v.
Aq. Menth., 3ii.
Ter in die.

Now we come to a matter in which the student

usually learns so little at his hospital—and feels so awkward about in practice—that it will be treated somewhat more in detail than the preceding matters. This is the question of ‘female troubles.’ These cannot be entered into even with hospital patients, before a number of persons; they are strictly private matters. Yet it is most essential for the student to know how to inquire about them, as well as what to ask. Inquire quietly, without effort, seriously and gravely, or you embarrass the woman. Let her see you know what you are talking about, else she will not give you her confidence. Women are peculiar in this. They resent that aimless questioning, called by the Scotch ‘speer-ing;’ but they readily answer to questions put with knowledge. Never forget that! Having asked about the bowels, next comes the questions: ‘Are you regularly unwell every month?’ ‘How many days?’ ‘Is the loss great or small?’ And then, ‘Have you any discharge, or whites, betwixt the periods?’ You may add, ‘Have you much pain at the periods?’ Remember, pain over the sacrum in women almost invariably means uterine or ovarian disorder. Before you can appreciate the importance of the answers given, you must think over the physiology of menstruation—a matter most inefficiently taught usually. In fact, examinations do not commonly run on these disorders of the reproductive organs, and the student really does not know how ignorant he is on this subject; yet these are a great part of general practice, leading to grateful patients who will bring other patients in their turn; for the number of men who know fairly about ‘female troubles’ are few and scattered. Little is said upon these matters betwixt doctors and patients here; though this does not hold good of the United States, where the doctors, as a rule, are ‘well posted’ *in female complaints.* Yet women would only be too

thankful if the profession at large knew a little more about them.

Menstruation is a superfluous wave of nutrition, and belongs properly to adult life. When it becomes established at puberty it is apt to limit the growth. It is well, indeed, when the catamenia are scanty from puberty to adolescence ; that is till the growth is established. There is, indeed, a direct antagonism betwixt this rhythmic loss, or 'body expenditure,' to use the language of Hermann, and growth. One goes on at the expense of another. When a small girl of fifteen is freely unwell, it is very improbable that she will ever be a well-grown woman. When a girl is growing well, and developing into a tall, robust woman, she usually is not much unwell, and has very little trouble at her periods. Her 'generative expenditure' is small ; where the catamenia are strongly developed in a small, weedy girl, she usually has leucorrhæa also, and a large generative expenditure, though a spinster. It is very desirable to thoroughly comprehend this view of menstruation. It consists of a cycle ; there is the three-weeks interval during which there is a gradual ascent of arterial tension ; the zenith is reached at, or just before the time the menses are due ; then comes the catamenial week, with a comparatively rapid fall of arterial tension. Three weeks of rise, and one week of fall ; and so the mensual cycle rolls on. This rhythmic loss is a wave of superfluous nutrition, which when arrested by impregnation, feeds the future organism in the uterus.

Having grasped this idea fairly, the student will readily understand why, in underfed girls, this discharge does not usually manifest itself at the ordinary time, but is delayed. The system is in no position to provide this superfluous wave : it cannot feed itself properly. Then, again, he can see why a sudden

'growing-fit' in a girl may arrest her menses partly, or completely, without giving rise to any real cause for anxiety. Also, when phthisis shows itself the menses are arrested. Mothers, especially of the working-classes, make themselves often very anxious about the disappearance of the menses in their daughters. Their reasons may be varied : whatever they are, they are very anxious that the doctor should restore the flow ; they know that its reappearance relieves their maternal mind all round. But it is evident that the only means of restoring this 'superfluous wave of nutrition' is to feed the organism. Consequently, bitters to whet the appetite ; iron to make more blood ; rest from labour, if excessive, are all indicated. When the system can afford the rhythmic loss, then it shows itself. You will prescribe a bitter tonic, as

Liq. Strychniæ, $\text{m}\frac{1}{3}$ ii.

Ac. Phosph. Dil. $\text{m}\frac{1}{10}$ x.

Inf. Gentian, $\text{z}\frac{1}{2}$ i.

Ter in die,

before meals twenty minutes or half an hour, if the appetite is defective. Then give ten drops of tincture of steel, or better still, of dialysed iron after each meal. Continue steadily, and give an aloes and myrrh pill every night, second night, or third night, as required to act upon the bowels. If the patient is poor, the strychnine and iron may be given together after meals with advantage. Then savine is a direct stimulant to the uterus ; as is aloes. Consequently there is a good old-fashioned pill in common use in the country, which is well worth your attention ;

Fer. Sulph. Exsic., $\text{z}\frac{1}{2}$ i.

Ol. Sabinæ, $\text{z}\frac{1}{2}$ i.

Pulv. Pip. Nig., $\text{z}\frac{1}{2}$ ii.

Pil. Al. et Myrrh, $\text{z}\frac{1}{2}$ ii., m. ft.

In pil. 60 div. i. bis in die.

This is economical for poor patients, and is not a troublesome mass to make up at all. Food, rest, and haematics, and your young patient will usually do well. If the assimilation is defective, very often cod-liver oil will improve the patient materially.

In some mature women amenorrhœa is often found with leucorrhœa. Here the leucorrhœa may be marked, but still there are imperfect menstrual periods; at other times the menses are lost in the leucorrhœal discharge. It is obvious that it is desirable to check this leucorrhœal discharge whenever it is troublesome, as it is very debilitating. So direct the woman to procure an enema syringe, pear-shaped or round, with a nozzle, ivory or gum elastic; which is to be preferred to the brittle glass syringe, especially for young girls. Direct the patient to wash all the discharge away with plain water first. Then to fill the instrument with alum water ($\frac{3}{i}$. to two quarts of water) and inject herself with this. Be firm about this; as it is troublesome, and women shirk it if not kept at it. You may, or may not give a chalybeate tonic, as the case requires.

When there is menorrhagia present, then another line of action is required. It is not out of place to give

Tinct. Fer. Perchlor., $m\ddot{x}$

Liq. Ergot. Ext., $3\ddot{f}\cdot$

Inf. Quass., $\frac{3}{i}$.

Ter in die,

right away for weeks; and as a general line this is very good. But at other times it is well to remember the interval and the period. Give a chalybeate tonic in the interval; good food; a hard mattress—you will have little prospect of success if the patient sleep on a soft feather bed; and improve the general health.

Then two days before the flow is expected stop the iron, and give

	Maz. Sulph., 5 <i>fl.</i>
	Ac. Sulph. Dil., m_{xv} .
	Liq. Ergot Ext., 5 <i>fl.</i>
	Inf. Gentian.
vel	Aq. Menth. Pip., 5 <i>fl.</i>
	Ter in die.

Keep the patient cool and quiet, and let her take her food cold, as milk, milk-puddings, cold meat, and salad, etc. Always keep the bowels open, especially at the periods, when they are all the better for being a little loose ; all straining at stool is very bad in menorrhagia. If your patient cannot keep still and cool, let her come as near both as her circumstances will permit. Then put your foot down firmly on all hot tea : women stimulate themselves with a cup of hot tea ; yet in a few minutes there is an increase in the loss. The hot fluid has dilated the internal blood-vessels, and sometimes quite a gush of blood follows. Point this out to them : they know it well enough.

When females are distinctly plethoric, it is well not to give chalybeates, but the mixture given above should be taken for some weeks, in the intervals as well as the periods. When plethoric females become amenorrhoeic, then depletory measures, especially at the time when the catamenia should have appeared, had they still shown themselves, are desirable ; and it is well to give warm hip-baths, or even to put a leech to their vulva at these rhythmic periods.

And now I will tell the student-reader something which it is to his interest to know ; still, withal, it is scarcely yet to be found in our text-books. The patient shall be put before him. A woman of any age

during the reproductive period of life, complains of sickness, nausea, pain under the heart, and indigestion, yet her tongue is very often clean. On inquiry, you find she has vertical headache, is depressed, often cries ; she is, more or less, constipated ; has pain when her bowels move, or has pain on making water, or both ; has pains in her back and groins at her periods ; often has difficulty in holding her water ; has leucorrhœa, and often menorrhagia, with bearing down pains in the womb ; and finally often experiences a sensation of heat, dryness, and itching in her rectum and vagina. This is one of the commonest cases in out-patient practice, though little understood. Here the uterus may be flexed ; but more commonly there is a tender ovary. If near the bladder, the pain is greatest in making water ; if at the side, resting on the rectum, the pain is most marked when at stool. The left ovary is the one usually affected. Press on it through the patient's clothes, and her face will tell you what she feels, viz., sick and faint. It is not at all necessary, as a rule, to corroborate the diagnosis by any vaginal examination. Now what are you to do ? You may tinker away at her stomach with but very unsatisfactory results. Sometimes the vomiting leads to the suspicion of chronic gastritis. Many a girl has been apparently at death's door, and nearly worried the life out of all around her, with stomach symptoms, when really the matter is reflex—ovarian in origin. Keep your head clear and cool in persistent vomiting in a woman, and especially a young one, and you will often 'score' on a much older man than yourself. Put a cantharides blister (2×2) over the tender ovary at bedtime, and next morning it will have risen. This usually does not cause much discomfort. Then prescribe

	Sod. Sulphat, $\frac{3}{4}$ i.
vel	Mag. Sulph. $\frac{3}{4}$ fl.
	Pot. Brom. $\frac{3}{4}$ i.
	Mist. Camph.
vel	Inf. Gentian, $\frac{3}{4}$ i.]
	Ter in die.

This soothes the ovary, relieves the nausea, and keeps the bowels open. If the last is not attained, give a Col. Co. pill at bedtime, occasionally. Diet the patient carefully on milk and bland food, so as to give the stomach little to do. Repeat the blister at the next period. Pursue the treatment and you will do your patient good, and get credit for yourself.

Very often there is menorrhagia in these cases which does not yield to the astringent and ergot mixture. Be on your guard then, and look to the ovaries. Pursue the bromide of potassium line. In young girls, where the reproductive life is coming on too rapidly for their strength, do as above, and you will often find the catamenia dwindle down, or entirely disappear for a while; during which time the girl develops into a well-grown woman.

Then when a woman reaches the change of life called 'the menopause,' her health is apt to be perturbed. But there is much mistake prevalent among women on this subject. They often allow themselves to fall into a bad state of health before this change comes on. Then, when it does come, they suffer severely. Now every woman should be put into the best possible state to meet this time of trouble, and then she will suffer less in that usually stormy period which marks the cessation of the reproductive period, and the entrance upon that calm sexless life which follows this change. Vegetable tonics, carminatives, *warm purgatives*; this is a good pill:

Pulv. Ipecac., gr. $\frac{1}{2}$
 Pulv. Pip. Nig., gr. ii.
 Pil. Col. Co., gr. ii.
 o.n.

Very frequently there is much cardiac debility, with dilatation, and with palpitation on exertion, present ; in which case the pill might stand thus :

	Strychniæ, gr. $\frac{1}{20}$
	Pulv. Digital., gr. $\frac{1}{2}$.
	Pulv. Pip. Nig, gr. $1\frac{1}{2}$.
	Pil. Col. Co.
vel	Pil. Al. et Myrrh, gr. ii.,

every day, an hour after dinner.

Let the patient avoid exertion, and remember it is infinitely better to keep the patient quiet than to let her whip herself up with stimulants, so as to get about and exert herself.

There are few matters in general practice that are worth more to the student than careful attention to female troubles.

Then as to children. Note them carefully. If purged, or irritable, see to the general health of the mother, or nurse, as the case may be : to put them right is often to cure the child. Often purgatives will act more powerfully on the suckling infant than on the patient herself. See to the milk ; if possible, let it come from one cow. Swiss milk is a great boon for children in towns, and often agrees with children when fresh milk disturbs them. Then, when griped, give them

Pot. Bicarb., gr. i.
 Ol. Cajeput, ℥i.
 Syr. Simp. ʒ.
 Aq. Anethi. ʒi.
 Quater in die

as well. When constipated, nothing is better than the 'ginger-bread nut' made with a few grains of jalap powder in each, sold by many chemists and confectioners. Why there should exist such a prejudice against the use of sulphate of magnesia as a laxative for children I do not know. It suits them well in five-grain doses. Sometimes the bowels of children are very obstinate ; then it is well to prescribe

Mag. Sulph., 3 fl.
Tinct. Sennæ Co., 3 fl.
Aq. Menthæ, 3i fl.
Ter in die.

Rhubarb as a regular laxative is objectionable, for reasons pointed out before. Children never can swallow pills ; remember that. When children are ill-thriven and cachectic, then they require

Ol. Morrh.
Vin. Ferri, a.a., 3i.
Ter in die.

This 'steel-wine and cod-liver oil' pleases the ear of the mother, as well as does the child good. Then when aphthæ appear on the mouth or throat, or there is stomatitis, it is well to give

Pot. Chlorat., gr. v.
Syr. Aurant., 3i.
Aq., 3i.
6tâ quâque horâ.

Borax and honey has an established reputation for these ailments in children.

Borax (powder of), 3i.
Clarified Honey, 3i.

a small teaspoonful every three or four hours. Mixed with water this makes a capital gargle. Either of these two measures are good in ulcerated sore-throat in children.

In putrid sore throat, or in diphtheria, it is well to prescribe

	Tinct. Fer. Mur., ℥x.
	Pot. Chlorat., gr. v.
	Aq. Anethi.
vel	Aq. Menthae, ʒii.
	4tā quāque horā,

and to feed the child as well as possible. Sometimes, when the mouth is very sore, and even drinking milk is painful, it is much easier to suck the milk through a tube, as a glass rod. In a very severe attack of scarlatina this stood myself in good stead.

Now a few words in reference to those remedies called 'absorbents,' which we use to remove enlarged glands, and various thickenings, periosteal and other. Each artery carries to every part the nutritive serum of the blood; a large part passes on into the veins, a certain amount remains in the tissue for its nutrition; the surplusage passes away by the lymphatics, and so is made useful and not wasted. If not so removed it would lead to disturbance of tissue by excess. Consequently, the reader can clearly see that when a part is inflamed it is useless to resort to absorbents. When all active symptoms are gone, and there is neither 'heat, pain, or redness' remaining, and only 'swelling,' then the time has arrived when absorbents will do good: as they will in enlarged glands without previous inflammation. You may prescribe iodide of potassium internally, as

Pot. Iod., gr. v.
 Pot. Bicarb., gr. v.
 Inf. Gentian.
 vel Aq. Anethi, $\frac{3}{i}$.
 Ter in die.

Then, for external application, use the Ung. Iod. Co., or this, with a little blue ointment (3ii. Ung. Hyd. Fort. and Ung. Iod. Co., 3vi.) or

Hyd. Biniod., 3 fl
 Vaseline, $\frac{3}{i}$.

Under this, as a steady application, thickening and effusions will pass away. Some prefer to paint with tincture of iodine, but this is apt to blister. For an effusion into the knee-joint of gouty character, it was found well to add some tincture of nutgalls.

Tinct. Iod, 3v.
 Tinct. Gallæ, 3iii.

will produce a not uncomfortable counter irritation after being painted on twice a day for several days.

In all syphilitic growths, especially, the use of absorbents produces the most gratifying results, whether it be a gumma in the brain, or a periosteal node; or that terrible neuralgia produced by periosteal thickening at a foramen through which a nerve passes, which is then grasped in a merciless grip. Here nothing will relieve the nerve except giving mercury and iodide of potassium.

Liq. Hyd. Bichlor., 3 fl.
 Pot. Iod., 3 fl.
 Aq. Menthae, $\frac{3}{i}$.
 Ter in die,

which will melt down the periosteal thickening and release the nipped nerve.

Then there are some matters connected with the skin to be mentioned. Eczema is very common at all ages. It is best treated internally and externally, by alkalies,

Pot. Bicarb., gr. x.
Sodæ Bicarb., gr. x.
Inf. Gentian, ʒi.
Ter in die,

before meals, and well diluted. Then to this may be added three drops of Fowler's Solution, or ten drops of tincture of nux vomica, as may be indicated by debility in the patient. For an external application

Sodæ Bicarb., ʒi.
Pot. Bicarb., ʒii.
Aq., Oii.

may be kept applied on strips of linen rag. If in the axilla, oxide of zinc ointment may be prescribed.

In all chronic skin-affections in children who are underfed, or badly nourished, or neglected,

Ol. Morrh,
Vin. Fer., a.a., ʒi.
Ter in die,

always does good.

In herpes it is well to apply the solution of the bichloride of mercury, with a feather or a camel's-hair pencil twice a day. This kills the growing eruption and dries up the already formed vesicles. But remember, herpes is not a skin disease proper, but a neurosis. It must be treated by a drachm of Easton's Syrup three or four times daily, or the mix-

ture given at p. 21. The pain may continue after the rash has gone, or exist without an eruption at all ; as I happen to know personally.

Then you may find scabies. Here it is well to order sulphur ointment to be rubbed all over the affected parts night and morning. The patients should wear the same clothes, and not have their bed linen changed during the four or five days of treatment. After this they should be thoroughly bathed or washed ; and their clothes and bed linen be thoroughly purified. This may be done in a simple way if more costly contrivances are not at hand. Hang up the clothes around a room ; close the windows ; put down a dish or tin containing sand or earth : on this place a red-hot shovel, then put on a handful of sulphur in powder. Close the door immediately, and don't enter the chamber for twenty-four hours, by which time the clothes will be fairly purified.

Then, again, there are feet which smell offensively. Here it is well to advise that the same shoes and stockings be not worn continuously, but on alternate days. Two pairs of each should be worn ; and when put off they should be exposed to the air, and, if possible, to the sun, during the day they are not worn. Then the feet should be washed perfectly clean with soap and water at bedtime, and then 'dabbed' well with a solution of sulphite of soda ($\frac{3}{i}$ to the quart of water). Great perseverance is frequently required. Then, when there are very cold feet, so very common with women, they should be rubbed on getting into bed with a rough towel, or hair gloves till they glow. A hot bottle in bed after this will commonly keep up the warmth, and conduce to sleep. For chapped hands in winter see that the hands are thoroughly dried every time they are wetted, and then some mutton suet may be well rubbed in over the affected parts at

bedtime. It is astonishing how women, even after they are told this, which would add so much to their comfort, will let towels remain wet and damp, when there is nothing before the fire ; and they might be hung up before the fire and thus be thoroughly dried, without the slightest inconvenience. Just as they suffer from chilblains, often because they will put their cold feet to the fire to warm when they come in from a walk. Yet there is no reason, except a conventional one, why they should not have walked fast enough to keep themselves warm ! When chilblains are actually established, it is well to rub them night and morning with tincture of cantharides ; if ulceration is set up, then an ungent containing opium (Pulv. Opii. 3 fl. Vaseline 3*ii.*) is useful.

Then there is the question of food for the patient. Suppose the patient is in bed, acutely ill ; milk is the food to be given. It may be given alone or with seltzer water. If there be tympanitis present, then give the milk with lime-water ; the other is too gaseous. Then milk may curdle too firmly in the stomach ; of which curd in the stools is the evidence. Here it is well to dilute it as above, and to mix with it some biscuit powder or baked flour of any kind (a tea-spoonful to the pint). Beef-tea or mutton-broth may be made ; and to do this it is well to know that the meat cut into dice (1 lb. to a quart of water) should be put in cold water, and then allowed to simmer for an hour or two ; but not to boil. It should be given cold, and it is well to add a little fine oatmeal or boiled arrowroot to it, to give it some better ' food value.' When the bowels are loose, stick to milk ; beef-tea keeps up the purging. Another pleasant drink is to dissolve a tablespoonful of sugar in a quart of water with the juice of a lemon ; then add the white of an egg and froth up. Apple water (1 lb. to the quart of

water) is easily made, by boiling the pared apples in the water, and allowing it to stand till it is cold ; and then straining. All these fluids may be iced in pyrexia with advantage. It is impossible to discuss here the use of alcohol ; it would occupy too much space. This may be said : do not use it too freely, nor forget its value ; it is not desirable to discard its use altogether. Then always see that the food is put before the patient in an appetising form ; everything scrupulously clean. Never—and please do mind this—never allow any food to remain in the sick chamber one moment longer than possible. Just that quantity should be taken in that can be swallowed at once; if more than can be taken at once, let the rest be removed out of the room. The same with any fruit, grapes or other, they acquire a taint in the sick-room, and do not become more appetising from being looked at. Ice left melting in water in the sunlight ; some calf's foot jelly in a saucer ; a few grapes on a plate—how often is this seen by the patient's bedside!—but it is not good nursing. The ice should be kept in a flannel in saw-dust in the coolest place in the house, and only a piece chipped off as required.

Liebig's extract dissolved, and then allowed to become cold, forms a nice drink. So does water in which some rice has been boiled (a tablespoonful to the quart), or linseed-tea or barley-water ; all nourishing.

Then, when the patient can eat, let the food be given in small quantities, so that the patient grumbles for a little more ; that is much better than when too much is sent in at once.

Now let me insist upon one thing : when in acute disease the tongue becomes denuded of epithelium (as described p. 36 of 'Semeiology'), then, no matter what the particular malady, you must attend to the '*primæ viæ*'. *If sickness come on, then give*

Bism. Trisnit., gr. x.
 Sod. Bicarb., gr. v.
 vel Pot. Cit., gr. vi.
 Mist. Acaciæ, ʒi.
 Inf. Calumbæ, ʒi.
 6tâ quâque horâ.

Give milk sleathed with an alkali as above. When it becomes very curdled, then add ten grains of prepared chalk to it, when there is diarrhœa ; if constipation, as much carbonate of magnesia as will cover a sixpence to each half-pint of milk. Increase the amount if great acidity be present, and it is required. If the stomach turns rebellious, you must compromise with it ; there is no bullying the stomach. If it is very irritable, it is well to reduce the amount taken at once to one tablespoonful at a time. If this even is not well borne, give a hypodermic injection of a quarter of a grain of muriate of morphia, and then in half an hour, when the morphia is in action, try to get a little milk down. When there is reflex vomiting, as in pregnancy, then try

Bism. Trisnit., 9 fl.
 Pot. Brom., ʒi.
 Mist. Acaciæ, ʒi.
 Inf. Calumbæ, ʒi.
 6tâ quâque horâ.

When the stomach is irritable with the raw tongue, a simple opium pill

Pulv. Opii., gr. i.
 Ext. Opii., gr. $\frac{1}{2}$,

a little mite of a thing, which, from its bulk, does not irritate the stomach, is often very serviceable at bed-time ; for its local as well as its general effect.

The Use of Aperients.—This is a subject about which the student is taught very little, and where the older practitioner usually scores so markedly over his juniors, that the matter deserves to be dealt with somewhat in detail. It is desirable to differentiate the varied conditions, clearly, in order to deal with them intelligently.

First we will take passing conditions. In acute disease the bowels have not been open for days. Now remember that the patient has been on a dietary which furnishes very little of the material of the faeces, as woody fibre, muscular fibre, the parenchyma of plants, undigested starch cells, etc., so that there is no great load in the bowels, even when they have not been open for several days. If the tongue be clean, and the patient does not complain of discomfort, do not be in a hurry to act. Where there is rheumatic-fever and movement entails pain, be patient. If percussion tell that there is a load in the cæcum, an enema of warm water, made soapy, about one pint or a pint and a half, in bulk, slowly thrown into the bowels, will usually clear the cæcum of its contents; and so relieve the patient. Where there is peritonitis and the vermicular action of the bowels is arrested from the pain, caused by movement rubbing the inflamed serous layers upon each other, then give a dose of castor-oil ($\frac{3}{4}$ i. to $\frac{3}{4}$ ii.) or olive-oil ($\frac{3}{4}$ ii. to $\frac{3}{4}$ iii.), which will cause the small intestines to empty themselves with the least possible movement. When the pain is great, give therewith from twenty to thirty drops of laudanum. Where more active measures are required, give simple jalap powder from ten to twenty grains. This causes little griping. A scruple of jalap was my father's favourite laxative for parturient women, the third day after confinement, if the bowels were not spontaneously open. But in acute conditions do not disturb

the patient more than you can help ; and, also, do not run the risk of giving them cold by getting them up on the night-chair without valid reasons. Remember that here what you want is a *laxative* rather than a *purgative* : you merely wish to unload the bowels, and you must achieve this end with the least possible discomfort to your patient. When the tongue is covered with fur, especially of a yellow or brown hue, then give four grains of Pil. Cal. Col. Co. at bedtime ; and probably next morning the bowels will be open, and the tongue clean, or cleaner. But do not either be too anxious about the bowels in acute disease, nor neglect them : inquire after them every day carefully. When there is intussusception of the bowel, the bowels usually are locked up mechanically. Do not attempt to force them by violent purgatives. When there is pain referred to the navel, while the bowels are locked, and vomiting comes on, be on your guard to suspect a hernia, or ileus. They require their proper treatment ; so give a dose of opium (Pulv. Opii, gr. ii. or Tinct. Opii, 3 fl.) and seek the advice of a senior. At other times there is a stricture of the colon, with a clear resonant gut below the obstruction ; and a pouch full of fæces, and may be water or flatus, above, but usually a fæcal accumulation. Here it is necessary to do two things : relieve the pain caused by the useless attempts of the bowels to force the fæces through the orifice, by thirty drops of laudanum ; at the same time liquefy the fæces, so that in a fluid form they may pass the barrier of constricted gut. To do this, nothing is better than sulphate of magnesia ; half an ounce in warm water. Say then,

Magnesiæ Sulph., 3 fl.
Tinct. Zingiber., 3 fl.
Tinct. Opii, 3 fl.
Aq. Ferventis, 3 fl.

When cool enough to drink, take at once. In the meantime relieve the griping by flannels wrung out of hot water, sprinkled with turpentine, and placed over the bowels. Be very careful about opium in thoracic affections ; but in maladies of the abdomen, or pelvis, you can use it boldly without much risk, especially if there exist much pain. Sometimes there are scybalæ lodged in the pouches of the cæcum ; prescribe the combination just given, and also use the soap and water enemata, until the hard scybalous masses are all washed away. At other times there are an accumulation in the lowest portion of the cæcum, finding its way into the sensitive rectum, and setting up the most persistent, agonising desire to empty the bowels. Here all purgatives are useless ; the mass must be dissolved by enemata, or broken up by the handle of a metal spoon or lithotomy scoop.

At other times there are piles or anal fissures associated with the constipation. The local treatment is given at p. 90, but the general measures are spoken of only in broad terms as ‘alkaline saline purgatives.’ These liquefy the faeces, to use a somewhat old-fashioned term, and so enable them to pass the painful anal orifice with the least possible amount of pain.

Mag. Sulph., $\frac{3}{4}$ i.
 Soda Bicarb., $\frac{3}{4}$ i.
 Tinct. Zingib., $\frac{5}{4}$ i.
 Inf. Gentian, $\frac{3}{4}$ i.

with an equal quantity of boiling water, so as to make it as warm as the patient can comfortably drink it, immediately after getting out of bed in the morning is a good measure. To give laxatives warm in the morning early, lessens the griping, and makes the *bowels move more quickly* ; thus obviating that

annoying matter, the action of the bowels during the day, so socially inconvenient. Now there is one thing I should like you to know about as regards piles. There exists a belief that aloes produce piles ; don't run your head against it ; though the evidence for it is insufficient. Did you ever hear of or think about 'reflex constipation'? Nevertheless it is coming to the front. When the vermicular action of the bowels causes pain it is inhibited, or arrested reflexly. Thus a swollen tender ovary, an irritable bladder, or a displaced or enlarged uterus are all disturbed by the action of the bowels ; pain is produced in the act of defæcation, and so the action of the bowels is reflexly held back. The consequence of this is that a faecal load accumulates there, and then the evil is aggravated ; the mass constantly pressing on the tender spot and producing persisting pain ; while the strenuous action of the gut to pass the obstruction sets up from time to time acute agony. Here the bowels must be opened and kept open, as by the above laxative in the manner given at p. 88 ; if necessary giving the opiate before they move, to lessen the suffering. In the same way piles lead to constipation ; and constipation in its turn entails further suffering. So keep the bowels open : to do this, though painful, is to remove the irritation of the faecal mass pressing on the morbid part, and so to aid in its recovering its normal condition. Pain and tenderness in the lower lobe of the liver, or a distended gall-bladder, will likewise arrest the movements of the descending colon reflexly, and lead to constipation. Here it is well, in addition to the treatment mentioned, to resort to hot fomentations. By keeping a wary eye on the cause of reflex constipation, the student will often be successful where others have failed, and relieve the patient and so earn kudos.

Closely allied to this subject is the selection of a purgative, where it is necessary to open the bowels freely, and then have them at rest for some days after. This is desirable when operating for piles, or anal fissure, when sewing up a lacerated perineum, replacing a displaced uterus, or putting in a pessary; or the graver matters of performing lithotomy, or ovariotomy, or operating for vesico-vaginal fistula. In all these, and some other cases, it is eminently desirable to open the bowels efficiently, and then to secure quiet in them for days after. At p. 89 you are told that rhubarb first opens the bowels and then subsequently locks them up. Give twenty grains of Pulv. Rhei, or an ounce of the tincture the day before operating. This will usually secure your end famously.

Now a few words are desirable on the choice of aperients for habitual constipation. Let us start with infants and children. Some directions are given at p. 102, which are well worth remembering. In addition to these measures it is well to give the child oatmeal or 'hominy' porridge to breakfast, a piece of 'parkin,' (oatmeal and treacle loaf or cake,) a few prunes, figs, plain or stewed, or fruit of any kind. Regulation of the bowels by a suitable dietary is always desirable where it is effective. Castor-oil is a good though unpalatable laxative when one is indicated. Where the constipation is more pronounced, it may be necessary to add four drops of croton-oil to the ounce bottle of castor-oil, and give a teaspoonful of this every second morning as required. (This forms a capital laxative for adults who cannot swallow pills.) There are less unpalatable laxatives than castor-oil vaunted from time to time, but it maintains its time-honoured prestige little affected by them.

Now as to laxatives for adults. Constipation is a *common malady*, existing in various degrees of ob-

stinacy. For ordinary constipation a pill of aloes and myrrh every night or other night is sufficient. When inoperative try Pil. Colocynth. Co. instead. (In all these pills five grains is supposed to be the dose given. Such a pill is not so large as to offer obstacles to its being easily swallowed.) Then this is inoperative: here try a Cockle—very good pills, Cockles! Or prescribe one,

Podophylli, gr. $\frac{1}{3}$.
Pulv. Capsici, gr. $\frac{1}{2}$.
Pil. Colocynth. Co., gr. iv.

will do well. Capsicum or black pepper will always relieve griping; a not unimportant matter. Or extract of Hyoscyamus (gr. i.) may be used instead.

Even this may not do. In addition to imperfect secretion from the intestinal glands, there also exists atony of the muscular fibre of the bowel in many cases. Here extract of belladonna, or strychnia may be added.

Strychniæ, gr. $\frac{1}{8}$.
Ol. Croton Tiglii, ℥ i.
Pulv. Capsici, gr. ii.
Pil. Cambogæ Co., gr. iii.

forms a brisk purgative-laxative; but even it may be required twice a day in exceptional cases. But instead of such potent laxatives, it is pleasanter usually to order one of the milder pills every night, or second night, and some mineral laxative in the morning. The morning draught may consist of a dessert-spoonful of citrate of magnesia, or Eno's Fruit Salt, or Carlsbad Salts; or some water, as Pulna, Frederickshall, or Hunyadi Janos; or a Seidlitz Powder, or effervescent Sulphate of Soda. By varying the pill at night, and the morning draught, almost any case of constipation

may be brought around in time. But remember this—all such treatment is disagreeable, and, further, troublesome ; and you must keep your patients up to the mark, else they will become remiss. Sometimes a tumblerful of cold water on getting out of bed in the mornings will attain what active measures may have failed to achieve. But never abandon the case ; if mild measures fail, try more active measures : follow them out ; sometimes rubbing or kneading the abdomen on getting up is required. The use of suppositories of soap, or hardened honey, advocated by Rousseau, are not much in use in this country. Nevertheless keep your eyes open to these unusual measures in very obstinate cases. Sometimes a strong infusion of senna in black coffee first thing in the morning has been found very successful. This made the fortune of a Viennese doctor in the case of an Austrian princess.

It is often well to secure an action of the bowels night and morning. Any load in the lower bowel at night aggravates all pelvic trouble, as a large hot uterus, or ovary, or chordee in gonorrhœa. This motion at night is also desirable when there is a bitter taste experienced in the mouth when waking in the morning. This bitter taste is the indication of imperfect digestion, and under these circumstances there exists usually some defective action of the liver. When the epithelium of the tongue is stained with bile this is pretty certainly the case. Here it is well to give laxatives which are also hepatic stimulants. Now if the student desire to be a successful practitioner, he must be willing to get up some minutiae which are not taught in hospital wards, and which lie outside and beyond what is required for pass examinations. If he does not choose to believe this he may as well leave this last section unread—tear it out and light his pipe with the leaves. *Recent experiments have done much to clear up some*

clinical minutiae by which our predecessors set much store, but which the present race of teachers, the pathological and microscopic men, ignore and sneer at ; because they do not happen to know much, if always anything, about them. If part of later student time was spent by students as assistants to some man in a good class general practice, they would be less confident in their scepticism—bred of ignorance and reared in conceit. But as general practice is the lot of most medical students, these remarks may not be out of place. Of agents which stimulate the liver and bring away bile-laden stools are conspicuously mercurials, ipecacuan, and sulphate of soda. Euonymin seems also a fairly potent hepatic stimulant. Now you all know that the liver is the furnace in which waste and spare albuminoids are oxidised into urea and uric acid. The bile acids—glycocholic and tauro-cholic acids—are also nitrogenised bodies. The functions of the liver and kidneys are closely linked together ; and in those arrangements where the urine has a thick sediment and the bowels were disordered, the old-fashioned doctor who shook his head and oracularly uttered ‘Liver !’ was not such a fool as it has recently been the rule to regard him. There is nitrogenised waste in the blood. So do two things. First cut down the amount of albuminoids eaten or drank, in order to reduce the demand upon the liver. Then sweep away the waste from the blood by a pill at bedtime.

Pulv. Pip. Nig., gr. ii.
Pil. Cal. Col. Co., gr. iii.

and in the morning :

Sodæ Sulphatis, ʒ fl.
Sodæ Pot. Tart., ʒ i.
Tinct. Zingiberis, ʒ fl.
Inf. Gentian, ʒ i.

with an equal quantity of boiling water, so as to make the draught as hot as can be comfortably borne. Let this be done twice or thrice a week till the tongue is clean. When that is done, give the following :

Sodæ Sulphat, ʒi.
 Sodæ Pot. Tart., ʒ f.
 Tinct. Nuc. Vom., ℥ x.
 Inf. Cascarillæ, ʒi.
 Ter in die,

before meals, and the pill twice a week. If there be general asthenia, do not proceed to give iron until the tongue is thoroughly clean, the water clear, and the appetite good : and then commence with two or three drops of the dialysed iron once a day after food. Here you wish to give the iron as a haemetic only : if you give it in tonic doses, it will upset the assimilative processes and disagree with the patient to a moral certainty. In other cases, where there is only slight constipation with deposits in the urine, especially after meals, give the old-fashioned dinner-pill :

Pulv. Ipecacuan, gr. i.
 Pulv. Capsici, gr. $\frac{1}{2}$.
 Ext. Cinchonæ, gr. iii.
 Pil. Al. et. Myrrh, gr. i.

every day after dinner. It will be found very efficacious. But the student must study his cases carefully to see his way clear in these disturbances of the assimilative processes. If this dinner-pill does not act sufficiently, give the morning laxative twice or thrice a week, as well, so long as the bowels require it. These particulars may seem to savour of the fashionable doctor too much to some : if they do, it is very easy to have a laugh at them, and then ignore them.

Then as to the union of laxatives with tonics. It is well often to combine these two agents. In convalescence tonics never act genially if there be not at the same time regular and sufficient action of the bowels. So add sulphate of magnesia, or sulphate of soda to the tonic :

Mag. Sulphat., 3*i.*
vel Sodaæ Sulphat., 3*i.*
Quin. Sulph., gr. i.
Ac. Phosp. Dil., ℥_{xv.}
Inf. Gentian, 3*i.*
Ter in die,

before meals, and ten minimæ of dialysed iron after dinner daily, will usually give good results, or :

Mag. Sulphat., 3*i.*
Tinct. Fer. Nux., ℥_x.
Liq. Strychniæ, ℥_{iv.}
Inf. Quass, 3*i.*
Ter in die,

forms a less expensive form of tonic, of much utility.

As other tonics in gouty subjects, or those who are rheumatic, or recovering from acute gout, or rheumatic attacks, it may be desirable to give the mixture given at p. 117, or :

Mag. Sulp., 3*i.*
Pot. Bicarb., 3 fl.
Fer. Am. Cit., gr. v.
Inf. Quass, 3*i.*
Ter in die,

before meals, with a draught of water. (The importance of dilution is pointed out at pp. 23-24.) If necessary, give the pill form of p. 117 once or twice a week at bed-time.

But in this use of laxatives, with occasional mercurial doses, avoid the pitfall of letting the patient eat with unlicensed abandon. To sweep away nitrogenised waste, and so relieve the assimilative processes from the accumulation of debris, is to improve the appetite ; just as a fire burns up when the ashes, which interfere with oxidation, are poked out. But if the dietary be not at the same time regulated, and the albuminoids cut down, the condition is a very undesirable one, and the double stimulation of the assimilative processes by too liberal supplies of albuminoid food on the one hand, and the exhibition of hepatic stimulant-laxatives on the other, will in time land the patient in a very unhappy state ; from which it will not be easy to rescue him. This therapeutic plan can cut both ways, according to the dietary adopted. To stimulate the liver, it is at times well to place a large hot poultice over the right side : this is a measure the astute student will do well to bear in mind.

When the tongue is very foul, it may be well on the second morning of the treatment to give

Cal., gr. iv.
Pulv. Jalapæ, gr. xv.

and so open the bowels freely. This usually brings away copious bile-laden evacuations, after which the tongue cleans under the night pill and the day medicine (p. 117). Sometimes these morning powders have to be repeated at intervals of three or four days.

When in ascites, or dropsy, or in the constipation of meningitis, it becomes necessary to resort to cathartics, then :

Elaterii., gr. $\frac{1}{2}$.
Pulv. Jalapæ, 3 fl.

or :

Pulv. Cambogiæ, gr. iii.

Pulv. Pip. Nigr., 3 fl.

Potass. Bitartrat., 3ii.

may be given every second morning, along with the appropriate measures, as seen at pp. 11-12, for meningitis ; pp. 81-83, for dropsy. In all these cases free catharsis gives great relief.

Now, in conclusion, let me tell the student that, when he is left to himself, the condition he is supposed to be in when most intimate with this little book, to remember the motto on the title-page : 'To be willing to perform our duty is the moral part ; to know how to perform it is the intellectual part.' Strive to see what are the indications for treatment ; what the thing which is most prominent, pain, sleeplessness, fever, collapse, haemorrhage, dyspnoea ; what it is in the case which calls most imperiously for attention. He is taught too exclusively at present to look at disease from a dead-house point of view. To make a diagnosis which would be corroborated in the dead-house, that is the great matter ! Yes, so it is at a medical school ; but in practice for yourself, remember that a living, grateful patient, who has got well under your care, is worth far, far more to you than any amount of accurate diagnosis—which, so far as other persons and their opinions are concerned, is as voiceless to further your interests as the tombstones in the churchyard which mark your failures.

THE END.

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